



Level 4

OPELIKA SWIM SCHOOL: LEVEL FOUR

You're almost there! We are going to swim the full length of the pool in this level for both freestyle and backstroke. You're on your way to being able to join swim team – Congratulations!

Safety Rules:

- Where is the Lifeguard?
- Where is person that brought you?
- Teach them to look for water depth?
- Never Swim Alone

Lesson Rules:

- Listen and Pay Attention
- No Splashing
- Never Leave the group
- Do your BEST!

Kicking, Freestyle, and Backstroke Skills

- 1. Push off wall underwater in streamline
 - Stomach – use hoola-hoop
 - Back
- 2. Float
 - a. Stomach and Back for :10 Seconds
- 3. Tread Water
 - a. :20 seconds – already in water
 - b. :20 seconds – upon entry
- 5. Kicking
 - a. One arm kick - breath to side
 - b. 50 yards two hands on board
 - c. 25 yards streamline on back
 - d. 25 yards breathe to side
 - e. 25 yards single arm on back
- 6. Freestyle Swim – **With Streamline**
 - a. Freestyle Drills in Noodle Lanes
 - b. Working towards 25 Yards swim
- 7. Backstroke Swim – **with Streamline**
 - a. Backstroke Drills in Noodle Lanes
 - b. Working Towards 25 Yard Swim

Freestyle Drills:

- “Catch – Up” - use dive ring
- “Single Arm Swim”
 - Breathe to side
- “Zipper Drill”
 - Thumb up side & reach
- “Fist Swim”
 - Swim with closed hand

Backstroke Drills:

- “Double Arm Backstroke”
- “Single Arm Backstroke”
- “Fist Swim”

***To help teach these lessons students are allowed to use fins. This will help with body position in the water