

Adult Learn-to-Swim Progression

Lesson Plan



Level	Skills to be Learned	Equipment	Advancement Goal(s)
<p style="text-align: center;">1 Breathing & Bobs</p>	<ul style="list-style-type: none"> • Practice Breathing (mouth & nose) on dry land • Gradual water adaptation • Chin-Lips-Nose-Face-Head submersion • Opening eyes underwater with goggles • Blowing bubbles (surface and face submerged) • Bobbing (5 w/ hands on side of pool, then 5 freestanding) 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap 	<p style="text-align: center;">10 relaxed bobs</p>
<p style="text-align: center;">2 Float & Glide</p>	<ul style="list-style-type: none"> ▪ Review level 1 ▪ Sculling while standing ▪ Recovery: horizontal to vertical stance ▪ Supported front float ▪ Unsupported front float ▪ Unsupported front float and glide ▪ Front glide & recovery ▪ Back float ▪ Back float glide ▪ Back glide and recovery 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap 	<p style="text-align: center;">Front and back glide & recovery – 5 seconds.</p>
<p style="text-align: center;">3 Kicking</p>	<ul style="list-style-type: none"> ▪ Review levels 1&2 ▪ Front kick, with glide, and recovery ▪ Back kick, with glide, and recovery ▪ Front kick w/ kickboard ▪ Front kick w/ instructor support ▪ Back kick w/ kickboard ▪ Back kick w/ instructor support 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins - Kickboard 	<p style="text-align: center;">Front kick – 15 feet</p> <p style="text-align: center;">Back kick – 15 feet</p>
<p style="text-align: center;">4 Freestyle</p>	<ul style="list-style-type: none"> ▪ Review previous levels ▪ Demonstrate arm cycle ▪ Practice arm cycle on dry land ▪ Standing in water arm cycle ▪ Front glide, kick, arm cycle and recovery 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	<p style="text-align: center;">Swim-15 feet</p>

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5 Freestyle with Breathing	<ul style="list-style-type: none"> ▪ Review previous levels ▪ Practice bobs and air exchange ▪ Breathing in position (one arm wall hold) ▪ Single arm stroke with breath at the wall ▪ Freestyle with one breath and recovery ▪ Freestyle with additional breaths ▪ Stroke corrections 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	Breathing every stroke – 25 yards
6 Deep Water	<ul style="list-style-type: none"> ▪ Bobs in deep water holding wall ▪ Bobs in deep water releasing wall ▪ Swim freestyle corner to corner ▪ Swim freestyle and change direction ▪ Sit jump into water, rise to surface and grab wall ▪ Jump into the water and return to the wall 	<ul style="list-style-type: none"> - Goggles - Nose plug - Cap 	Jump into deep water, rise to the surface and return to the wall
7 Treading Water	<ul style="list-style-type: none"> • Describe arm sculling motion and eggbeater kick • Demonstrate sculling motion and eggbeater kick • Sculling while standing • Breaststroke kick against the wall • Eggbeater kick against the wall • Deep Water sculling and kicking 	<ul style="list-style-type: none"> - Goggles - Cap 	Tread water for one minute
8 Sidestroke	<ul style="list-style-type: none"> ▪ Demonstrate stroke and kick mechanics ▪ Practice stroke on dry land ▪ Practice kick on pool deck ▪ Practice stroke in water with kickboard ▪ Practice full stroke and kick 	<ul style="list-style-type: none"> - Kickboard 	Swim sidestroke in a complete circle
9 Pool Exit	<ul style="list-style-type: none"> ▪ Demonstrate shallow water exit with arms and leg thrust ▪ Student practice ▪ Demonstrate deep water exit with arm pull and leg kick ▪ Student practice 		Exit the pool without the use of a ladder
10 Other Strokes	<ul style="list-style-type: none"> ▪ Elementary Backstroke ▪ Backstroke ▪ Breaststroke ▪ Butterfly 	<ul style="list-style-type: none"> - Goggles - Snorkel - Nose plug - Cap - Fins 	Swim additional strokes