City of San Antonio
Parks and Recreation Department

"Take the Plunge for Better Health Program"

Program Lesson Plans
Intermediate 3 & 4

Stroke Development & Stroke Improvement

Lessons are offered 3 days each week for 2 weeks (6 lessons total)

<u>Day 1</u>

Introduction (outside the water)

Introduce yourself – "My name is _____ and I will be your swim instructor."

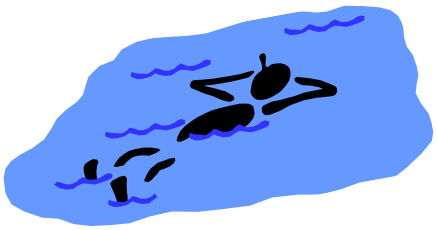
Read and explain pool rules.

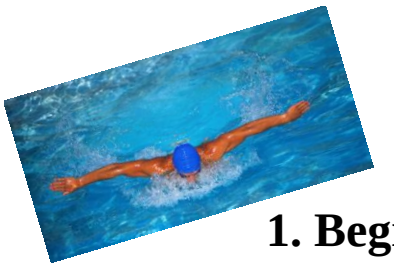
Additional Rules:

- **Keep both hands on the wall at all times**
- **No talking when I'm talking**
- **Raise your hand when you have a question**
- **Be on time and ready for class**

Begin water skills
Review skills they should already know

- **Bobs fully submerged**
- **Buoyancy Front and Back (Floating)**
- **Front and Back Crawl**





1. **Begin working on stroke technique on front & back crawl**
    - **Kicking at least 15 yards**
    - **Arm movement**
    - **Breathing to the side**
2. **Breast stroke**
    - **Introduce breast stroke kick**

Day 2

1. **Work on stroke technique on front & back crawl.**
    - **Kicking at least 15 yards**
    - **Arm movement**
    - **Breathing to the side**
2. **Breast stroke kick**
    - **On the wall work-out technique**
    - **Kick board**
3. **Introduce arm movement for breast stroke**
    - **Work on technique for arm movement**
    - **Combine arms and legs**
4. **Repeat exercises 1-3.**

Day 3

*** Starting today, it might be a good idea to start teaching the lap lanes, so that they get an idea of how it feels.**

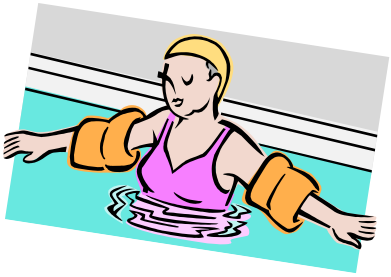
1. **Work on stroke technique on front & back crawl.**
    - **Kicking at least 15 yards**
    - **Arm movement**
    - **Breathing (work up to breathing to the side at least 5 times)**

2. **Breast stroke**
    - **Kickboard**
    - **Combined stroke**
3. **Treading water (will need to do it for about 30 seconds-1 minute)**

Day 4

1. **Kicking**
    - **Front crawl**
    - **Back crawl**
    - **Breast stroke**
2. **Swimming at least 15 yards (working on technique)**
    - **Front crawl (make sure they are breathing to the side and not looking up to breathe)**
    - **Back crawl (have them follow a line on the roof to keep straight)**
    - **Breast stroke**
3. **Treading water (this can be done in the lap lanes in the deep water)**
    - **Try for 1 minute**

Day 5



1. **Kicking**
    - **Front crawl**
    - **Back crawl**
    - **Breast stroke**
2. **Swimming at least 15 yards (working on technique)**
    - **Front crawl**
    - **Back crawl**
    - **Breast stroke**

3. **Introduce butterfly kick and motion**
4. **Treading water (this can be done in the lap lanes in the deep water)**
   - **Try this for 1 minute**

<u>Day 6</u>

1. **Kicking**
   - **Front crawl**
   - **Back crawl**
   - **Breast stroke**
   - **Butterfly**

2. **Swimming at least 15 yards (working on technique)**
   - **Front crawl**
   - **Back crawl**
   - **Breast stroke**
3. **Butterfly (this does not have to be perfect)**
   - **Demonstrate**
   - **Arm movement**
   - **Combined stroke**
4. **Diving well**

*** Since this is the last day, let them and their parents know about swim team. All that is required is that they can swim front crawl.**