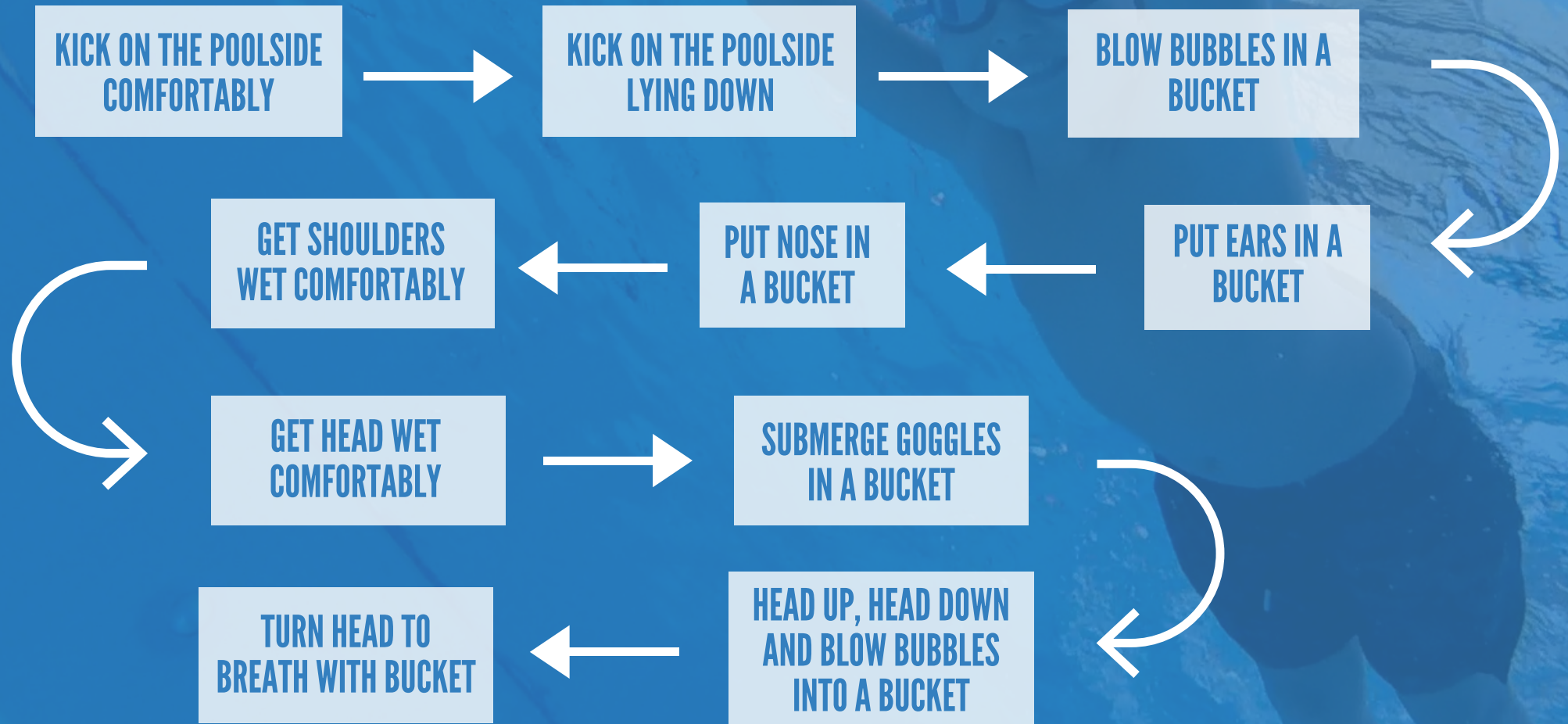


SWIMMING CURRICULUM

NERVOUS BEGINNERS

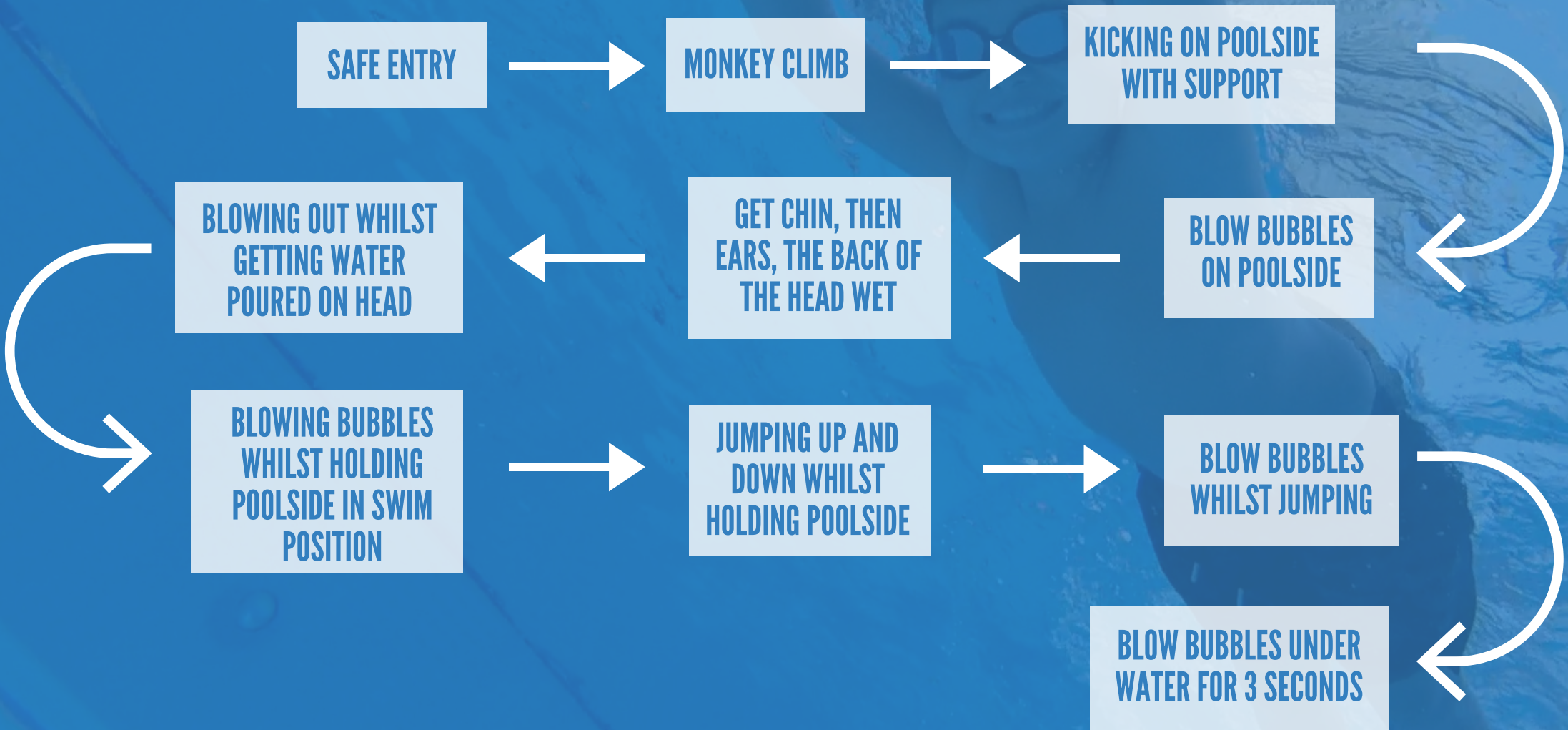
BUCKET ACTIVITIES - STEP 1/4



SWIMMING PROGRESSIONS

NERVOUS BEGGINERS

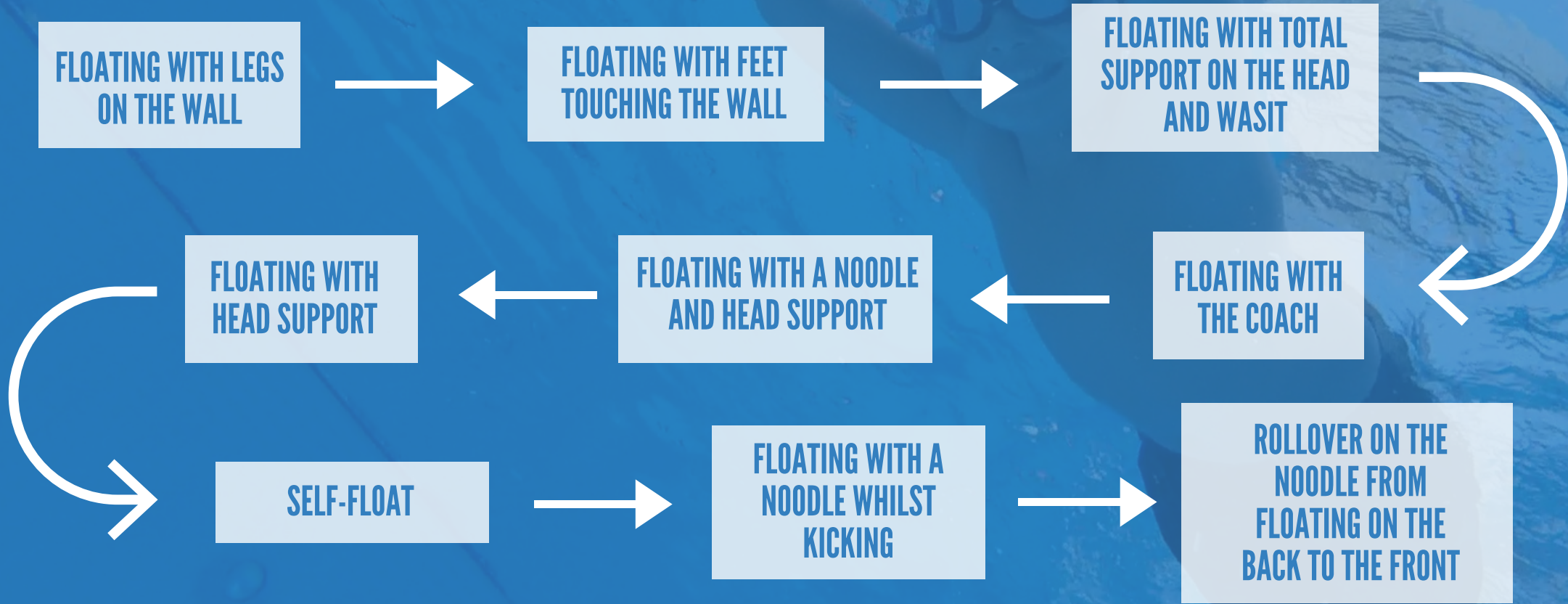
SUBMERSION - STEP 2/4



SWIMMING PROGRESSIONS

NERVOUS BEGGINERS

FLOATING - STEP 3/4



SWIMMING PROGRESSIONS

NERVOUS BEGGINERS

STARTING TO MOVE - STEP 4/4

PUSH OFF THE WALL TO
THE COACH WITH A
NOODLE



PUSH OFF THE WALL
TO THE COACH



JUMP INTO THE POOL



KICK WITH WAIST SUPPORT AND
CHILD'S HANDS ON THE COACHES
SHOULDERS WITH FACE
SUBMERSIONS AND COMING UP
FOR BREATHS



KICK WITH WAIST
SUPPORT AND CHILD'S
HANDS ON THE COACHES
SHOULDER



SWIMMING PROGRESSIONS

NERVOUS BEGGINERS

BUCKET ACTIVITIES

STEP 1/4

1. KICK ON THE POOLSIDE COMFORTABLY
2. KICK ON THE POOLSIDE LYING DOWN
3. BLOW BUBBLES IN A BUCKET
4. PUT EARS IN A BUCKET
5. PUT NOSE IN A BUCKET
6. GET SHOULDERS WET COMFORTABLY
7. GET HEAD WET COMFORTABLY
8. SUBMERGE GOGGLES IN A BUCKET
9. HEAD UP AND DOWN AND BLOW BUBBLES IN A BUCKET
10. TURN HEAD TO BREATH WITH BUCKET

SUBMERSION

STEP 2/4

1. SAFE ENTRY
2. MONKEY CLIMB
3. KICKING ON POOLSIDE WITH SUPPORT
4. BLOW BUBBLES ON POOLSIDE
5. GET CHIN, THEN EARS AND THEN BACK OF HEAD WET
6. BLOWING OUT WHILST GETTING WATER Poured ON HEAD
7. BLOWING BUBBLES WHILST HOLDING POOLSIDE IN SWIM POSITION
8. JUMPING UP AND DOWN WHILST HOLDING POOLSIDE
9. BLOW BUBBLES WHILST JUMPING
10. BLOW BUBBLES UNDER WATER FOR 3 SECONDS

FLOATING

STEP 3/4

1. FLOATING WITH LEGS ON THE WALL
2. FLOATING WITH FEET TOUCHING THE WALL
3. FLOATING WITH TOTAL SUPPORT ON THE HEAD AND WAIST
4. FLOATING WITH THE COACH
5. FLOATING WITH A NOODLE AND HEAD SUPPORT
6. FLOATING WITH HEAD SUPPORT
7. SELF-FLOAT
8. FLOATING WITH A NOODLE WHILST KICKING
9. ROLLOVER ON THE NOODLE FROM FLOATING ON THE BACK TO THE FRONT

STARTING TO MOVE

STEP 4/4

1. PUSH OFF THE WALL TO THE COACH WITH A NOODLE
2. PUSH OFF THE WALL TO THE COACH
3. JUMP INTO THE POOL
4. KICK WITH WAIST SUPPORT AND CHILD'S HANDS ON THE COACHES SHOULDER
5. KICK WITH WAIST SUPPORT AND CHILD'S HANDS ON THE COACHES SHOULDERS WITH FACE SUBMERSIONS AND COMING UP FOR BREATHS