Beverly Hills High School

8:00 - 8:30 **Level 2** **Adult Group Lessons** **Tuesday & Thursday**

Instructor:

SEASON/YEAR:

BEGINNING DATE:

ENDING DATE:

	PARTICIPANTS NAME	ATTENDANCE								SKILLS									
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	FRONT FLOAT	BACK FLOAT	ROTATE FRONT TO BACK	ROTATE BACK TO FRONT	FRONT FLOAT + SL KICK	SL KICK 3 BODY LENGTHS	SL RIGHT ARM CATCH UP	SL LEFT ARM CATCH UP	CATCH-UP SWIM	PASS Y/N
1																			
2																			
3																			
4																			
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19																			
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Challenges: *Increase distances*

Introduce different breathing patterns

Introduce breaststroke and butterfly

LESSON PROGRESSION SAMPLE

FLOAT

On back in Starfish Float

Lift chin away from neck

*start with arms on wall

** move to no wall float

Kick in Streamline

*start with arms on wall if needed

** move to no wall SL kick

***half SL kick, arms: 1 up/1 down

**** toes always pointed

Switch Pull

Kick in SL, 1 arm up/1 arm down

Kick in SL, pull SL to hips/revover bottom arm to head

Pull and recover at the same time & pause

Swim

Switch and kick w/out pausing at head or thighs

Increase the distance

Notes: