

# 5 Printable Intermediate Swim Lessons



## Pre-School Swim Lesson - Level Two

Lesson 1



Theme of the Day: **Walking Feet**  
\*Walk in aquatic environment to prevent, submerge

Warm Up - 5 min

Bobbing in Place x10  
Turtle Arms (balance, intro to treading) in Place  
Kicking on side of wall in Place x10  
\*Water Toss Party - incorporate for  
\*Suggest in the bus stop.

Play - 5 min

Review - 5 min

New - 5 min

## Pre-School Swim Lesson - Level Two

Lesson 5



Theme of the Day: **Before**

Warm Up - 5 min

Fun - 5 min

Review - 5 min

New - 5 min

Front

Back - 5 min

Review - 5 min

Back - back float

Fun - 5 min

Fun Jumps

Shallow W

## Pre-School Swim Lesson - Level Two

Lesson 1



Theme of the Day: **Safe Water Entry**  
\*Swimmers ask permission to enter water, identify water depths, feet first entry.

Warm Up - 5 min

Bobbing in Place x10  
Turtle Arms (balance, intro to treading) in Place x10  
Kicking on side of wall in Place x10

Games - write name under water to learn  
control, underwater hellos, diving for rings

## Pre-School Swim Lesson - Level Two

Lesson 2



Theme of the Day: **Never Alone**  
\*Explain importance of always swimming in pairs.

Warm Up - 5 min

Bobbing in Place x10  
Turtle Arms (balance, intro to treading) in Place x10  
Kicking on side of wall in Place x10

Underwater Games - write name under water to learn  
extended breath control, underwater hellos, diving for rings

Play - 5 min

Review - 5 min

Front - starfish front float with support from noodle or holding wall

Back - back float with noodle or support, work to 30 seconds

Back - monkey glide from wall on back, recover to vertical in shallow water

New - 5 min

Front - dolphin glide + 3 rainbow arms (front crawl introduction) x3

Front - dolphin glide + 6 big flutter kicks x3 (with kick board or support)

Fun - 5 min

Rolly Pools

# Swim Lesson Manuals

**Matilda Anne Mackarness (formerly  
Planché.)**



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