

SWIMMING LESSON PLANS

LESSON #

☐ 1

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☐ MAKE-UP

LEVEL: Ultra 6 Class 6	SKILLS/PROGRESSIONS:	TIME:	FORMATIONS:
	P Stride Entry	1 minute	
	P Front dive into deep water, swim underwater 5m & recover object	3 minutes	
TIME: 30 Minutes	P Walking breaststroke arms with breathing	2 minutes	
	P Head first surface dive	1 minute	
	P Foot first surface dive	1 minute	
	P Eggbeater with PFD/Buoyant Aid device for 30s	3 minutes	
EQUIPMENT:	P Scull feet first on back 15m Ensure no use of legs	2 minutes	
PFD/Buoyant Aid device	P Back crawl 50 meters	3 minutes	
	P Whip kick on back 25 meters Ensure proper form	2 minutes	
	P Whip kick on front with Buoyant aid 10 meters	2 minutes	
	P Continuous swim 150m	6 minutes	
	P Interval training 4x25m Front crawl or Back crawl with 30 seconds rest	4 minutes	
LEVEL:	SKILLS/PROGRESSIONS:	TIME:	FORMATIONS:
TIME:			
EQUIPMENT:			
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TIME:			
EQUIPMENT:			