

RAYAS

Level 4 SWIM SAFETY: Stroke Proficiency

ages: 6-8 / 9-12

CLASS GOALS & SKILLS PRACTICED

INTRO TO SIDE BREATHING ON WALL

-feet on wall, face in for 5 seconds, slow head turn to side and breathe for 2 seconds, face slowly turns back in for another 5 second face in

- 1** *-repeat 3 times, slow and controlled*
-head can not raise up out of the water
-head should turn to side keeping ear in

FULL CRAWL STROKE FOR ENTIRE LANE

-6 strokes and then 1 side breath (2 second)

- 2** *-proper kicking*
-take a long break (3-5 minute) at end of lap

FULL BACKSTROKE FOR ENTIRE LANE

-proper body position, kicks, and coordinated and properly synced arms

- 3** *-take a long break (3-5 minute) at end of lap*