

## **Beginner Swimmer Instruction**

**Prepared by:**

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**Target Group:**

First year campers and older

**Time Allotted:**

One-hour blocks

**Pre-Requisites:**

None

**Materials Needed – Staff:**

**Materials Needed – Scout:**

Swim Suit

Towel

Googles (not required)

**Instructional Goal:**

Upon completion of this activity the Scout should be able to pass a swimmer swim test

## **MONDAY**

- Cover Safe Swim Defense
- Introduce the following strokes:
  - Front crawl
  - Breaststroke
  - Side stroke
  - Elementary backstroke
- Have Scouts practice one stroke at a time
  - Look for any mistakes and comment generally on them

## **TUESDAY**

- Cover Safety Afloat
- Practice the previous days four strokes in the water
  - Repeat frequently to build endurance

## **WEDNESDAY**

- Review Safe Swim Defense and Safety Afloat
- Demonstrate reaching and throwing rescues
- Demonstrate Line and Tender rescues in beginner section
- Remaining time is to be used to practice strokes

## **THURSDAY**

- Practice getting head under water in preparation for beginning of swim test
- Practice the four strokes in different patterns
- Practice floating on the back
- If by this time you feel that a Scout is ready to take and pass the swimmer level of the swim test, get another guard to administer the test

## **FRIDAY**

- Practice the four strokes and encourage strong swimmers to take the swimmer level of the swim test