



SURVIVAL INSTRUCTOR DIRECTIONS FOR NEW SWIMMER- ADULT

LESSONS 1-4- TALK TO ADULT ABOUT HOW SWIMMING AS AN ADULT IS MORE ABOUT THE MIND THAN THE ABILITY. SWIMMER NEEDS TO THINK POSITIVELY AND TRY TO STAY RELAXED. PROVIDE THE SWIMMER WITH LOTS OF POSITIVE REINFORCEMENTS.

ALWAYS MAKE IT HAPPY AND FUN!

1. WORK ON **TRUST** AND BEING **COMFORTABLE GOING UNDER WATER**

-FIRST 5 MINUTES-

TALK TO ADULT ABOUT OPENING HIS/HER EYES IN THE WATER. ASK ADULT TO PUT DIVING TOYS ON A LOWER STEP AND PUT THEIR FACE UNDERWATER, OPEN THEIR EYES AND GRAB THE OBJECT. REPEAT 10 TIMES.

ASK ADULT TO LOOK UNDERWATER AND TELL YOU HOW MANY FINGERS YOU ARE HOLDING UNDERWATER. REPEAT 10 TIMES.

-NEXT 5 MINUTES

TALK TO ADULT ABOUT BREATHING UNDERWATER. HAVE ADULT PRACTICE BLOWING OUT THEIR NOSE AND BREATHING IN THROUGH THEIR MOUTH OUT OF THE WATER- REPEAT 5 TIMES.

HAVE STUDENT NOW PUT THEIR FACE IN THE WATER AND BLOW BUBBLES SLOWLY OUT THEIR NOSE AND THEN LIFT THEIR HEAD OUT OF THE WATER TO TAKE A BREATH THROUGH THEIR MOUTH. REPEAT 10 TIMES.

NEXT 5 MINUTES

HAVE ADULT LAY THEIR STOMACH ON A LARGE STEP OR HOLD ON TO THE SIDE OF THE POOL DECK AND PRACTICE KICKING. EXPLAIN THAT YOU WANT THEIR KICK TO BE STRAIGHT, TOGETHER, AND FAST. LIKE FLIPPERS. HAVE THE ADULT PRACTICE UNTIL KICK LOOK RIGHT.

NEXT 10 MINUTES

TALK TO THE ADULT ABOUT PUTTING THEIR FACE DOWN, LOOKING AT THE BOTTOM OF THE POOL WITH THEIR HANDS OUT "LIKE SUPERMAN" HOLDING ONTO THE KICK BOARD TELL THEM TO PUSH OFF THE STEP AND KICK THEIR LEGS. SMALL AND FAST KICKS. LEGS STRAIGHT AND TIGHT TOGETHER. INSTRUCTOR HOLDS THE KICK BOARD AND MAKES SURE THE ADULT LEGS DO NOT DROP.

IF THE ADULTS LEGS START TO DROP, PUT YOUR OTHER ARM UNDER THEIR THIGHS TO KEEP THEIR LEGS UP. REMIND THEM TO BLOW OUT THEIR NOSE UNDER WATER. HAVE ADULT DO THIS ACROSS THE POOL ABOUT 10 LAPS.

LAST 5 MINUTES

SHOW ADULT HOW TO FLOAT ON THEIR BACKS. DEMONSTRATE YOURSELF FIRST. THEN ASK THEM TO LAY BACK WHILE YOU HOLD THEIR HEAD AND MIDDLE OF THEIR BACK. TELL THEM TO POINT THEIR CHIN TO THE SKY AND TO NOT LET THEIR CHIN FALL TO THEIR CHEST OR THEY WILL SINK. TELL THEM TO RELAX AND TAKE DEEP BREATHS. REPEAT 10 TIMES. TRY TO HAVE THEM STAND AND LAY BACK THEMSELVES.