

Skills to master:

- Front and back float for 5 seconds
- Front and back glide
- Recovery from floats and stand up on own

Skills to work on:

- Front and back floats using wall
- Floats from bottom of the pool
- Front ready position
- Kicking with kick-boards or noodles
- Intro to freestyle arms
- Intro to streamline position
- Water Safety

Games:

- Red light, Green light
- Simon says
- Pushing off the wall through the hula hoop
- Tidal-wave