High School Swimming

Review safety rules and skills
Floating on front and back 3+ minutes
Kicking on front and back 3+ minutes
Diving in deep water
Treading water 5-10 minutes
Refine front crawl stroke with breathing technique
Deep water bobbing
Under Water Swimming
Refine back stroke
Refine Fundamentals of breast stroke
20-minute individual survival swim around perimeter of pool
Review summersaults and flips turns
Introduce Side Stroke and some Junior Life guarding skills
Cover Basic life saving techniques
20-minute partner endurance swim
Water Polo
Water Volleyball