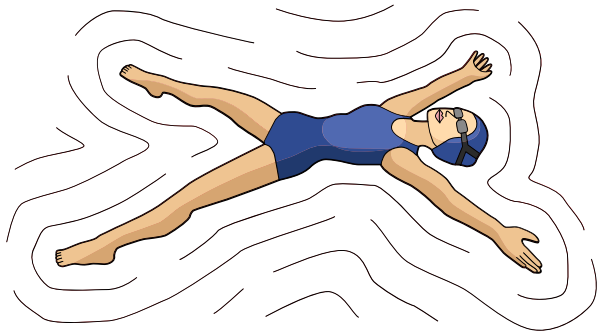


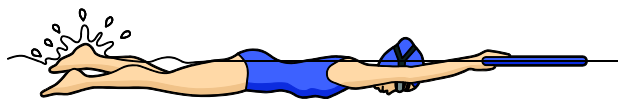
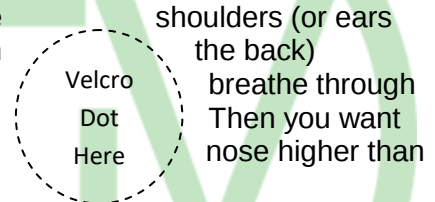


Floating on back

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Floating on back – Tips and cues:

1. Often demonstrate standing up: Is it best to do like this (back arched and shoulders hunched over) or like that (back arched backward).
2. Arms and legs like a starfish.
3. Belly button up.
4. Hands above which helps arch
5. Do you your forehead? your mouth and forehead.
6. Gently hold the back up. At same time check the spine is arched the correct way.
7. Especially with adults, a pool noodle under the small of the back and/or the legs can get them to get use to the position.
8. The average person's density is around 0.98! You want that 2% above to be nose & mouth.

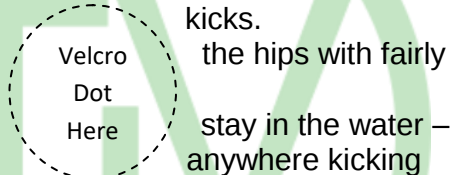


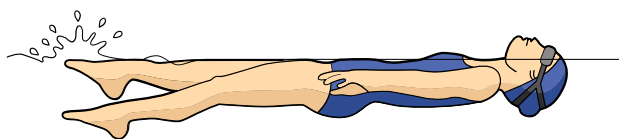
Torpedo Kick Kickboard

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Torpedo Kick Kickboard – Tips and cues

1. Look straight down, ears in the water top of head out of the water.
2. Really stretch from fingernails to toenails.
3. Point toes like a ballerina (or a diver with fins)
4. Small fast
5. Kick from straight legs
6. Toes you don't get
7. To stop pushing down – Put toy on board.
8. Can sometimes get kids to hold side of pool and stretch their toes out and ask them "can you feel the difference when legs stretched?" (Particularly Cerebral Palsy etc.) and if yes, "then feel like that all the time".





Soldier Kick

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Soldier Kick – Tips and cues

1. Do you breathe through your forehead? Then nose and mouth higher than forehead!
2. Look straight up (or slightly back), ears in the water.
3. Really of head to
4. Point toes (or a diver
5. Kick from straight legs.
6. Knees stay under the water.
7. Small fast kicks.



stretch from top toenails. like a ballerina with fins). the hips with fairly



Glide

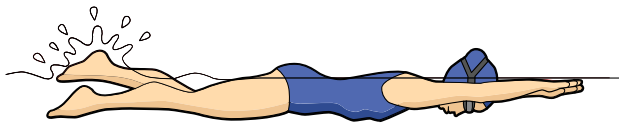
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Glide – Tips and cues

1. Let's see who can go the furthest
2. Stay on top of water, Noooo diving under!
3. Nose in water then push off wall with feet (stops them jumping up and diving in / under).
4. Look straight to bottom of pool with ears in the water.
5. No Kicking
6. No using
7. Point toes (or a diver with
8. No wiggly bottoms. (One aim is to develop stability of core and hips for breaststroke kick etc)
9. Need to tighten up tummy and bottom muscles (or butt cheeks and the little ones laugh)



your arms like a ballerina fins) and stretch out.



Torpedo Kick no board

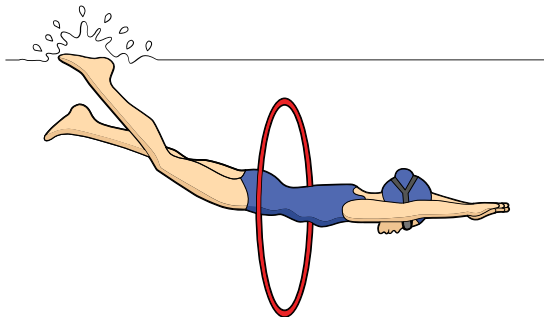
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Torpedo Kick no board – Tips and cues

1. Look straight down, ears in the water top of head out of the water.
2. Really stretch from fingernails to toenails.
3. Point toes like a ballerina (or a diver with fins).
4. Small fast
5. Kick from fairly straight
6. Toes stay you don't get air.
7. Can sometimes get kids to hold side of pool and stretch their toes out and ask them "can you feel the difference when legs stretched?" (particularly Cerebral Palsy etc.) and if yes, "then feel like that all the time".



kicks.
the hips with
legs
in the water –
anywhere kicking



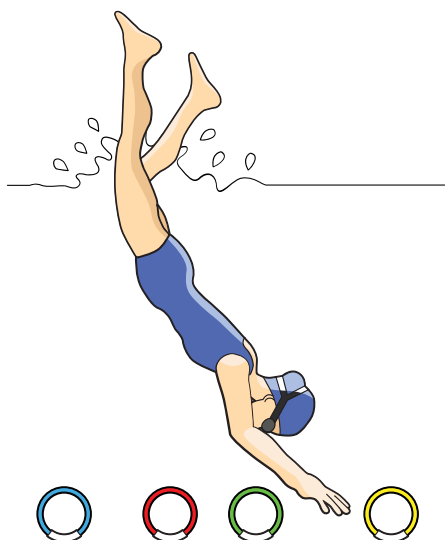
Torpedo Kick through Hula Hoop Below Surface

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Torpedo Kick through Hula Hoop Below Surface - Tips and cues

1. The aim is to help them manage buoyancy and continue to get use to submersing.
2. Some buoyant kids may struggle so get them to jump up then down to submerge and push off wall
3. Most will need use legs (as use legs use arms and reminders to want them to efficiently)
4. Hands pointing down or up will help them go down or up.





Sinky toys Pick up / Retrieve

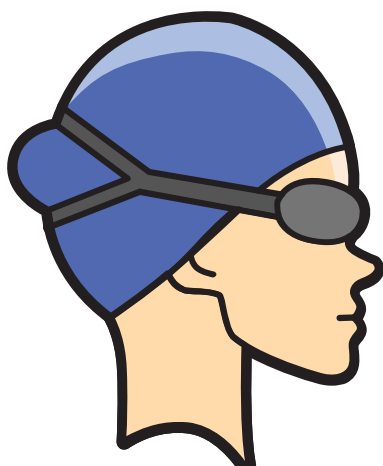
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Sinky toys Pick up / Retrieve - Tips and cues

1. Initially it is like collecting floating toys and develop confidence moving in the water.
2. The put the toys (progressively deeper) chest height in water so that kids have to submerge face.
3. Some use as many get them to submerged (game).
4. More advanced kids you may throw them and do torpedo kick till above toy then dive down to retrieve (i.e. develop skill and silky toy just fun component).
5. Eventually you will teach duck diving in deeper water.



instructors will as can get to collect treasures



Fitting Goggles

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Goggles - Tips and cues

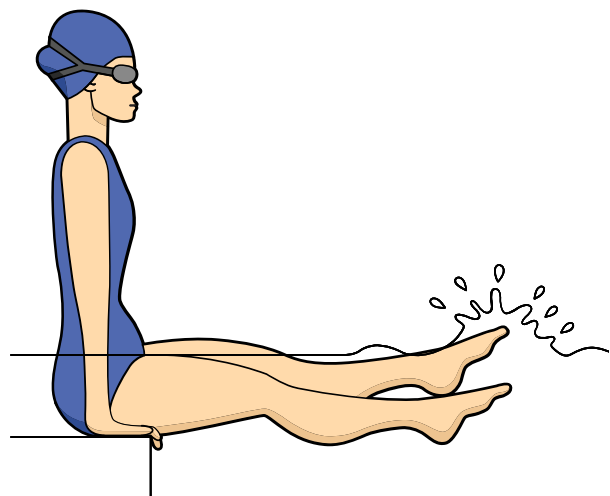
1. Goggles should be able to fit on face and when pushed onto eyes stay in place for short time without strap. i.e. ensure suction possible.
2. Everyone has different facial features (nose bridge width and height) which may render some goggles unsuitable.
3. Strap should of larger width ponytail or hair advantage as if bun is on larger be either side of the hair as well.
4. If goggles too tight they will give headaches and leave rings around eyes (so not too tight).
5. Many kids will have straps down close to neck (and will then slip down further). See internet for fitting instructions e.g.



then be either side of head (girls with in bun have hair in ponytail or width of head can

<https://www.youtube.com/watch?v=PQk9QFN0S7Q>

Seated straight leg kicking



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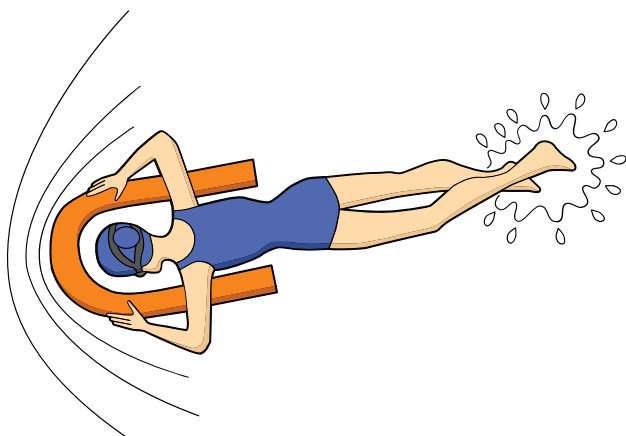
Seated straight leg kicking - Tips and cues

Essentially the first step in trying to straighten kids legs

1. This may be on side of pool or first step
2. Toes pointed to the other end of pool.
3. "Noooo pointing toes to roof"
4. "Noooo bendy knees".
5. "Are we straight leg riding a bike or kicking?" (while demonstrating can be help make them laugh).
6. Get the kick height around 20-30cm as you would if they were swimming.
7. Ensure feet not turned in or out such that ankles are together.
8. Once they get this you may want to flip onto tummy and repeat.



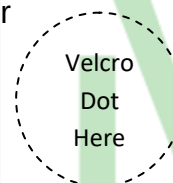
Speed boats (face down)



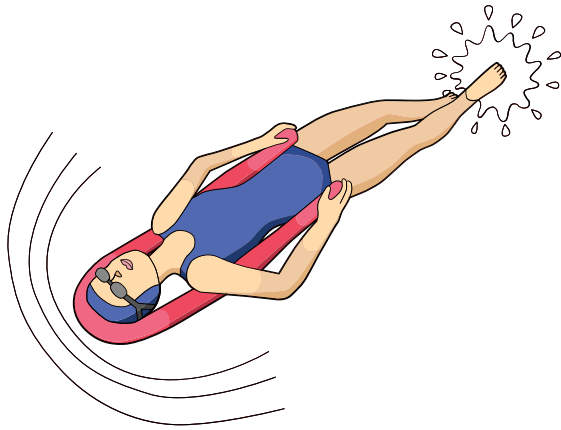
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Speed boats - Tips and cues

1. This is an early stage exercise (before a kickboard) for effective leg kicking and straightening legs.
2. The kids will feel more supported with the pool noodle.
3. Ears in water and eyes straight down.
4. You may speed boat find you can get races going.



Speed boats Face Up



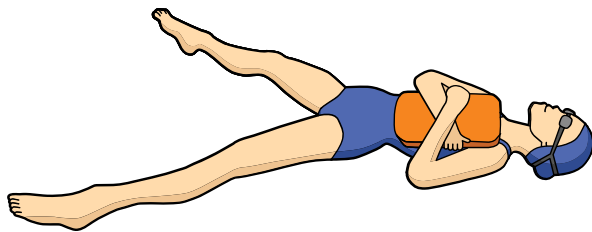
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Speed boats Face Up - Tips and cues

1. This is another exercise to help straighten legs.
2. Stretch out legs as much as possible.
3. Longest distance from top of head to toes.
4. Ears in water.
5. If you have mounted on ceiling then have then look at ones ahead of them (e.g. "can you see the dolphin") so you keep their head back.
6. "Chin to chest leads to a sinky bum and we don't like sinky bums"



Float on back with kick board



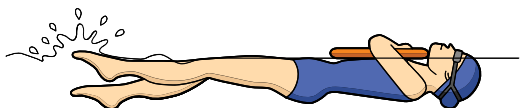
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Float on back with kick board - Tips and cues

1. This is an early step to floating without assistance and many of the same cues apply.
2. People at this level need to learn body control in water and learn to relax and be comfortable.
3. Emphasis may be on with chin to sink the bum under.



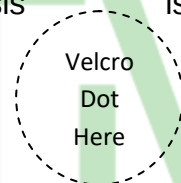
Soldier kick with kickboard



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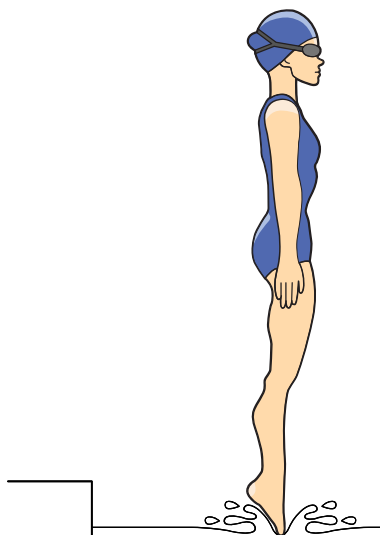
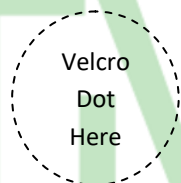
Soldier kick with Kickboard - Tips and cues

1. This is often after the "Speed boats looking at ceiling" and "Float on back with kick board."
2. This is before soldier kick (on Back)
3. The emphasis is again on straightening the legs.
4. Make sure head on side and they do not hit of pool (or trust confidence will be broken).



Pin Drop – Tips and cues

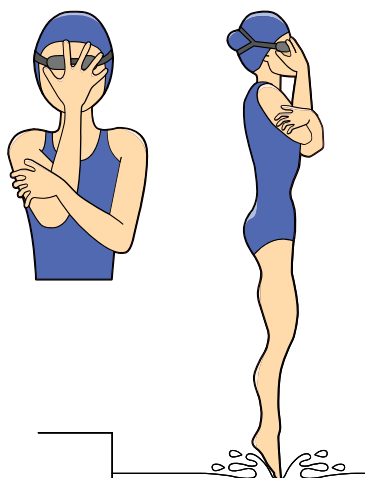
1. First step in getting kids use to jumping into deeper water.
2. Get them to jump up and down without using knees at side of pool first.
3. Aim is to teach them control to keep legs straight.
4. My need to initially.
5. Some kids (sometimes face) so be ready.
6. Drop through a hula hoop can help them jump out from wall and more fun.
7. Caution: Make sure they do not leap legs forward and hit head on side of pool (not happened to me but often keep hand at side of pool to be sure)!



Pin Drop

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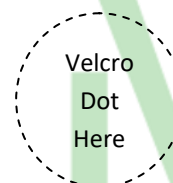
Compact Drop



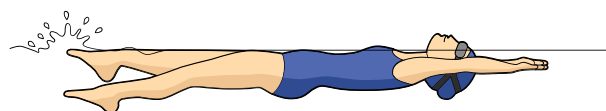
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Compact Drop – Tips and cues

1. This is the after they get the pin drop correct.
2. Give them the scenario:
 - a. Jumping off a ship that has had some explosion and rubbish in the water.
 - b. You cover as much of face as can to prevent getting cut and scarred. It is not hold your nose!
 - c. You then place and to protect it.
 - d. You will runners on so to punch through rubbish. If your legs are separated you may get cut in half. If do a knee drop your lower legs may get cut open and bleed and attract sharks “eeek”!
3. Hand under the elbow is wrong. If they did hit an object may push arm / hand up into face!



hold your arm in
cover abdomen
Elbows in!
probably have
want straight legs



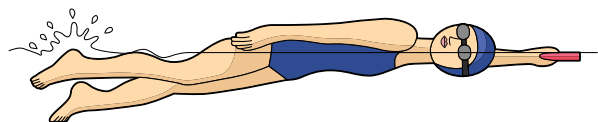
Torpedo Kick on back

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Torpedo Kick on Back – Tips and cues

1. Normally taught after soldier kick.
2. Similar tips as soldier kick except
3. Really stretch from fingertips to toenails
4. Ensure elbows under water (or effects buoyancy and face goes under)
5. Very difficult especially lockdowns exercise could not get for some kids following covid as lacking and (maybe 30%) arms back. If occurs and elbows out of water then get them to stand up, raise arms out to side palms of hands facing down. Stretch the arms back to contract back and stretch out chest muscles then raise arms above head (very few need as homework).



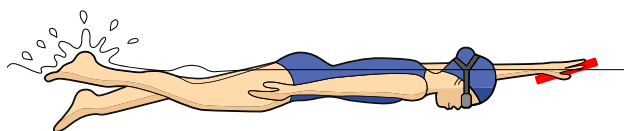


Superman/girl – Face to side

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Superman Face to side - Tips and cues

1. The purpose is to get the participant comfortable having head in this position.
2. Use short pool noodle (if available) as makes it easier to control than board for younger children. Otherwise use kick board. Point the middle finger the direction they are going.
3. Some will neck – like lying on complain hurts respond it is just your arm in bed.
4. Half lower google in the water (also may say “look under lane rope”).
5. Mouth out of water (often say “or you will drown”).
6. Tell them I want you to imagine you have superglued the side of head behind ear (ear below arm) to bicep muscle.



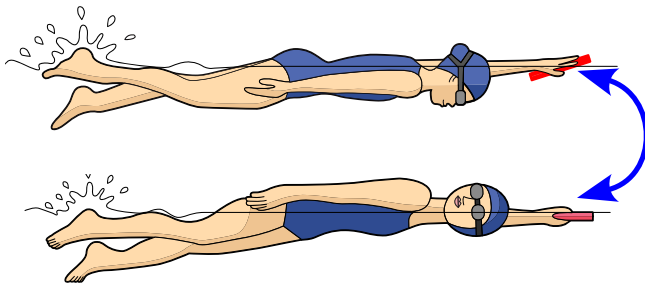
Superman/girl - Face Down

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Superman Face Down – Tips and cues

1. I often skip this as simply a one handed torpedo kick with board.
2. Use short pool noodle (if available) as makes it easier to control than board for younger children. Otherwise use kick board. Point the middle finger the direction they are going.
3. Be precise with only top part of head (ears well in water).
4. Tell them I want you to imagine you have superglued the side of head behind ear (ear below arm) to bicep muscle.



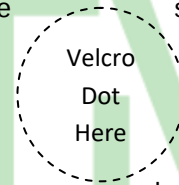


Superman/girl Rotating

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Superman Rotating – Tips and cues

1. Aim is to get good head rotation (may take several lessons)
2. Will often start standing up, put their finger on top of head and show shoulder and head rotation.
3. Tell them I want you to imagine you have superglued the side of head behind ear (ear muscle. below arm) to bicep.
4. Eyes like Straight the side
5. Six kicks bubbles.
6. Often need to assist with head position and move students sholders with forearm.
7. Show them why doing it (in stationary position) with your head position while doing freestyle arms (to show shoulder rotation with head on arm).



windscreen wipers:
down or straight to
(never forward)
breathing, six kicks