

Virtual Swim Lessons

Beginner



Thank you for participating in the Virtual Swim Lessons from The CORE! These lesson plans are designed for you to learn basic swimming skills using items in your home and in the bathtub. These plans should take approximately 15 to 25 minutes to complete each day. Some dryland skills will use items around your home, such as a straw, a bowl, or cushions. Please watch our [Introduction Video](#) to get started!

Remember, small children should always be supervised in the bathtub. Work on these swimming skills together!

If you have any questions, please call the aquatics office at (972)304-7037 or email us at CORE@coppelltx.gov

Day 1

On dryland: 10 minutes

Practice [Scoops](#) and [Kicks](#) together
4x30 seconds

Practice [Elementary Backstroke](#) seated
4x30 seconds

Practice float on [back](#)
5x15 seconds

Practice float on [front](#)
5x15 seconds

In the bathtub: 14 minutes

Blow [bubbles](#) and bob
x10

Practice unassisted [back](#) float
5x20 seconds

Practice unassisted [front](#) float
5x20 seconds

Assisted [scoops](#) and [kicks](#) together
(Front Crawl)
Parent help & hold, 3x1 minute

Assisted [Elementary Backstroke](#)
Parent help & hold, 3x1 minute

Day 2

On dryland: 7 minutes

Practice [Front Crawl](#) on belly
5x30 seconds

Introduce [Backstroke](#) arms
Until proficient

Practice flutter [kicks](#) on back
5x15 seconds

Introduce [Backstroke](#) arms and kicks together
Until proficient

In the bathtub: 10 minutes

Blow [bubbles](#) and bob
x10

Practice unassisted [back](#) float
5x20 seconds

Practice [Backstroke](#) arms
Until proficient

Practice [kicks](#) lying on back
5x20 seconds

Assisted [backstroke](#) arms and kicks together
Parent help & hold, 2x1 minute

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Day 3

On dryland: 10 minutes

Practice float on [back](#)
5x15 seconds

Practice [Backstroke](#) arms
5x15 seconds

Practice [Front Crawl](#) on belly
5x35 seconds

Practice [Elementary Backstroke](#) seated
5x30 seconds

In the bathtub: 14 minutes

Blow [bubbles](#) using a bob motion
x15

Practice unassisted [back](#) float
5x20 seconds

Practice unassisted [front](#) float
5x20 seconds

Assisted [Front Crawl](#): face in water
Parent help & hold, 3x1 minute

Assisted [Backstroke](#)
Parent help & hold, 3x1 minute

Day 4

On dryland: 9 minutes

Practice [Front Crawl](#) on belly
5x30 seconds

Practice [Elementary Backstroke](#) on back
5x30 seconds

Practice [Backstroke](#) on back
5x30 seconds

In the bathtub: 14 minutes

[Bobs](#)
x15

Practice unassisted [back](#) float
5x20 seconds

[Backstroke](#) arms lying on back
5x30 seconds

Flutter [kicks](#) on back
5x30 seconds

Assisted [Backstroke](#)
Parent help & hold, 3x1 minute

Day 5

On dryland: 10 minutes

Practice Float on [front](#)
5x20 seconds

Practice [Front Crawl](#) on belly
4x30 seconds

Practice [Backstroke](#) arms
5x20 seconds

Practice [Backstroke](#) on back
5x20 seconds

In the bathtub: 15 minutes

[Bobs](#)
x20

Practice unassisted [front](#) float
5x30 seconds

Practice unassisted [Front Crawl](#)
4x1 minute

Practice unassisted [back](#) float
5x30 seconds

Practice unassisted [Backstroke](#)
3x1 minute

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Day 6

On dryland: 9 minutes

Practice float on [back](#)
5x15 seconds

Practice [float](#) on front
5x15 seconds

Practice [Front Crawl](#) on belly
4x30 seconds

Practice [Elementary Backstroke](#)
4x30 seconds

In the bathtub: 16 minutes

[Bobs](#)
x20

Practice unassisted [back](#) float
5x20 seconds

Practice unassisted [front](#) float
5x20 seconds

Practice unassisted [Front Crawl](#)
4x1 minute

Practice unassisted [Elementary Backstroke](#)
4x1 minute

Day 7

On dryland: 10 minutes

Practice [Front Crawl](#) on Belly
5x30 seconds

Practice [Elementary Backstroke](#) on back
5x30 seconds

Practice [Backstroke](#) on back
5x30 seconds

Practice [jumps](#)
x5

In the bathtub: 15 minutes

[Bobs](#)
x30

Practice unassisted [back](#) float
3x as long as possible

Practice unassisted [front](#) float
3x as long as possible

Unassisted [Front Crawl](#)
3x as long as possible

Unassisted [Elementary Backstroke](#)
3x as long as possible

Day 8

On dryland: 5 minutes

Practice Float on [front](#)
5x20 seconds

Practice Float on [Back](#)
5x20 seconds

Practice [Jumps](#)
x5

In the bathtub: 10 minutes

[Bobs](#)
x30

Demonstrate [Front Crawl](#)
As long as possible

Demonstrate [Elementary Backstroke](#)
As long as possible

Demonstrate [Backstroke](#)
As long as possible