

Starfish – Dolphins

Beginning Breaststroke Practice

Warm-up

- 25 – Kick - Flutter with a kickboard
- 25 – Kick – Backstroke with a kickboard
- 5 – Pencil Bobbers
- 25 – Swim Backstroke
- 25 – Swim Freestyle

Group Work

New Skills

Breaststroke kick

Sit on side of pool and work on breaststroke kick.

Breaststroke kick while holding on side of pool.

Breaststroke kick with a kickboard.

Continued Skills

Backstroke – Thumb-out, Pinky-In

Backstroke -

Cool Down

25 – Flutter kick with board

25 - Backstroke