



Brownsville Independent School District

Margaret M. Clark Aquatic Center



## 2<sup>nd</sup> Grade “Fundamentals of Swimming” Program

DAY 1 ~ Water adaptation, blowing bubbles and learning to submerge face.

DAY 2 ~ Front float & front kick are introduced.

DAY 3 ~ Back float & back kick are introduced.

DAY 4 ~ The student combines the back float and front float.

DAY 5 ~ Arm movement is introduced.

DAY 6 ~ The student combines the float, kick and arm movements.

DAY 7 ~ Safety Day (Students learn about lifejackets, reaching assists, and throw – don’t go.)

DAY 8 ~ Exploring the deep with diving skills for those that are ready.

DAY 9 ~ Students will review all their skills through fun activities.

