

Sample Curriculum of Swimming Lessons

Course length: 7 sessions

Time per session: 90 minutes

Level: Beginners' level

The following is a sample curriculum for our Swimming Lessons

Session 1: Introduction to Water Safety and Basic Skills

- Introduction to the instructor and the lesson plan
- Overview of water safety rules and guidelines
- Basic exercises in water: blowing bubbles, submersion, floating, etc.
- Introduction to the freestyle kick movements

Session 2: Floating and Kicking

- Review of basic water adjustment exercises
- Introduction to front float and standing back up
- Practice of the freestyle flutter kicks
- Introduction to alternate arm movements

Session 3: Basic Strokes and Breathing

- Review of freestyle stroke: its basic arm and leg movements
- Focused practice with floatation devices
- Practice of the freestyle kick and arm movements, with addition of sideways breathing techniques

Session 4: Building Endurance and Refining Strokes

- Review of freestyle techniques
- How to swim freestyle for longer distance
- Practice of freestyle with increased endurance
- refining movement and technique

Session 5: Improving Endurance and Refining Strokes

- Review of freestyle techniques
- How to swim freestyle for longer distance
- Practice of freestyle with increased endurance
- refining movement and technique

Session 6: Introduction of Breaststroke

- Review of the freestyle techniques
- Introduction to the breaststroke and its basic arm and leg movements
- Practice of the breaststroke kick and arm movements

Session 7: Treading Water and Final Review

- Introduction to treading water techniques
- Practice of treading water
- Review of all strokes and techniques learned
- Final assessment of swimming skills and progress

This curriculum focuses on freestyle and breaststroke, with an introduction on treading water.

The focus and progression of the lessons may vary depending on the individual swimmer's progress and adaptation of techniques, and the instructor's teaching methods and philosophy.

Whampoa Sports Club

whampoa.org.hk

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