

# Virtual Swim Lessons

## Preschool



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 20 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](mailto:CORE@coppelltx.gov)*

### Day 1

#### **On dryland: 8 minutes**

Practice [Scoop](#) hands  
*Until proficient*

Practice [Scoop](#) arm motion  
*Until proficient*

Practice float on [back](#)  
*5x10 seconds*

Practice [flutter kicks](#) sitting or lying on back  
*5x20 seconds*

#### **In the bathtub: 9 minutes**

Pour water on head  
*x2*

Blow [bubbles](#) with mouth in water  
*x10*

Assist with [back float](#)  
*4x10 seconds*

Sit in tub and practice [scoops](#)  
*5x20 seconds*

Sit in tub and [flutter kick](#)  
*5x20 seconds*

### Day 2

#### **On dryland: 8 minutes**

Practice [scoop](#) arm motion  
*4x15 seconds*

Practice [front](#) float  
*5x10 seconds*

Practice [kicks](#) sitting or lying on front  
*5x15 seconds*

Lay on belly, practice [scoops](#) and kicks  
*4x20 seconds*

#### **In the bathtub: 9 minutes**

Pour water on head  
*x2*

Blow [bubbles](#) with chin in water  
*x10*

Assisted [front](#) float  
*5x10 seconds*

Lay on front and practice flutter [kicks](#)  
*4x30 seconds*

Assisted [scoop](#) and kick  
*Parent hold & help, 2x30 seconds*

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### Day 3

#### On dryland: 8 minutes

Practice [scoop](#) hands  
5x20 seconds

Practice float on [back](#)  
5x10 seconds

Introduce [Elementary Backstroke](#) (Monkey-Airplane-Soldier)  
1-2 minutes

Practice Elementary Backstroke arms  
Until proficient

Practice Elementary Backstroke legs  
Until proficient

#### In the bathtub: 8 minutes

Pour water on head  
x3

Blow [bubbles](#) with chin in water  
x10

Assist with [back](#) float  
5x10 seconds

Practice [Elementary Backstroke](#) arms  
Until proficient

Practice Elementary Backstroke legs  
Until proficient

### Day 4

#### On dryland: 8 minutes

Practice Flutter [kicks](#) on chair  
5x15 seconds

Practice float on [back](#)  
5x10 seconds

Practice [Elementary Backstroke](#) on chair  
5x20 seconds

Practice [scoops](#) with full arm movement  
5x20 seconds

#### In the bathtub: 11 minutes

Pour water on head  
x4

Blow [bubbles](#) with chin and nose in water  
x10

Assist with [back](#) float  
5x15 seconds

Practice [scoops](#) and [kicks](#)  
Parent hold & help, 5x30 seconds

Practice [Elementary Backstroke](#)  
Parent hold & help, 5x30 seconds

### Day 5

#### On dryland: 11 minutes

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

Practice [scoops](#) with full arm motion  
5x20 seconds

Practice [scoops](#) and [kicks](#)  
5x25 seconds

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

Practice [Elementary Backstroke](#)  
5x25 seconds

#### In the bathtub: 12 minutes

Pour water on head  
x5

Blow [bubbles](#) with nose in water  
x10

Practice flutter [kicks](#) on belly  
4x30 seconds

Assist with [scoops](#) and [kicks](#)  
Parent help & hold, 3x1 minute

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

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### Day 6

#### On dryland: 9 minutes

Practice [scoops](#) and kicks  
5x30 seconds

Practice [Elementary Backstroke](#)  
5x30 seconds

Practice flutter [kicks](#) on back  
5x30 seconds

#### In the bathtub: 9 minutes

Pour water on head  
x6

Blow [bubbles](#) with nose, face in water  
x10

Practice [front](#) float  
5x10 seconds

Practice [scoops](#) while seated  
5x15 seconds

Practice [Elementary Backstroke](#)  
5x30 seconds

### Day 7

#### On dryland: 11 minutes

Practice seated [kicks](#)  
6x30 seconds

Practice [scoops](#) on and kicks together  
5x25 seconds

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

Practice [jumps](#)  
x3

#### In the bathtub: 12 minutes

Pour water on head  
x7

Blow [bubbles](#) with nose, full face in water  
x10

Practice [front](#) float  
5x10 seconds

Practice [scoops](#) and [kicks](#) together  
6x30 seconds

Practice [Elementary Backstroke](#)  
6x30 seconds

### Day 8

#### On dryland: 5 minutes

Practice [scoops](#) and [kicks](#) together  
5x20 seconds

Practice [Elementary Backstroke](#)  
5x20 seconds

Practice [jumps](#)  
x4

#### In the bathtub: 11 minutes

Pour water on head  
x8

Blow [bubbles](#) using a bob motion  
x10

Demonstrate [front](#) and [back](#) floats  
5x10 seconds

Demonstrate [scoops](#) and [kicks](#) together  
2x1 minute

Demonstrate [Elementary Backstroke](#)  
2x1 minute