

# EVERY CHILD A SWIMMER

## Four Station Teaching Outline

One instructor + nine in-the-water trainers can teach 27 to 36 children. (One trainer can teach 3 or 4 pupils)

### INTRODUCTION:

Before the first class a workshop should be held with all trainers (good qualified swimmers) under direction of the certified swimming instructor. Here the instructor explains to the student trainers the following important concepts:

### A. FORMAT OF CLASS

- (1) Water Safety rules and personal hygiene
- (2) The method for initial placement of children into stations corresponding to their skill-level and trainer's roles for this method
- (3) Breakdown of stations:
  - a) Trainer's role(s) for each station
  - b) Objective of each station
  - c) Methods used to teach the children for each station
  - d) Requirements a child must meet for promotion to next station
  - e) Number of stations
- (4) Emergency Plan - The trainers must know what to do (ahead of time) in case of an emergency:
  - a) What to do if a child gets hurt
  - b) A near drowning
  - c) Suspected neck or back injury
  - d) Emergency telephone number (911)
- (5) Length of each session and number of sessions
- (6) Patience, congeniality and alertness. Be nice and be professional

### B. METHODOLOGY OF ORGANIZATION FOR EACH SESSION

- (1) Describe how each session commences
- (2) Explain the systematic plan of activities
- (3) The instructor will visit each station/trainer 'during each lesson. The students will be tested to see if they can graduate to the next higher station. If the student does not graduate, the instructor should share his ideas with the trainer on how to have the student improve.

### C. FINAL DAY - Schedule of events

## SESSION PLAN

The program is broken down into approximately eight sessions of 30 to 45 minutes each.

### SESSION ONE

Begin with introductions. It is very important that the children feel comfortable and at ease with their newly found surroundings. For example, using first names helps expedite this process. Have a 10 minute talk by the instructor to an audience consisting of the children, their parents (ideally, their parents should be present for this first session) and the student trainers. This discussion should reveal reasons for rules, water safety rules, personal hygiene and a basic breakdown of the four stations. (Suggested safety rules are available upon request from ECAS) Establish a proper way to enter the water. After this discussion, the children are taken to the shallow-water of the pool with the objective to determine their skill level for placement into the appropriate station.

A good method for deciding the swimming ability of each child is to conduct a "Salmon Run". For example, the first skill is floating on the stomach while holding one's breath. The second skill is kicking in the prone position, followed by stroking without breathing and so on until the swim level of each child is determined. Some children may be too frightened to attempt even the first skill, and thus they obviously will be placed in station one, while others are capable of performing a complex skill, like the crawl stroke, which would place them in station 3 or 4. After the Salmon Run, place the children in their groups and give them a lesson for the remaining time. After the lesson, the children should be asked to remember two important things:

- (1) The Safety Rules
- (2) Their appropriate designated station that they were in at the end of the lesson.

### REMAINING SESSIONS

The remainder of the sessions, after the first one, follow an identical agenda. This schedule is:

Begin each session with a Salmon Run and then follow this with a five minute talk emphasizing one topic of safety. For example, one session may stress the importance of never diving into unfamiliar water, while a later session may discuss the importance of never swimming alone. After this short discussion, the children are sent to their appropriate stations and the trainers begin their teaching. It is a good practice to continue to allow 5-10 minutes of free time at the end of each session.

## THE FOUR STATIONS

The Four Stations are broken down into skills, which, when mastered, should enable the child to meet each station's objective and thus move on to the next station. A listing of each station, it's skills to be learned, as well as suggested teaching methods and the graduation requirements to meet the station's objective are as follows:

### STATION ONE:

Objective: This is the first experience for the child in learning to swim. Everything must be done to overcome fears and concerns. The instructor must be calm, relaxed and very kind to the young student.

1. Teach the child to stand, walk and smile while in the water.
2. While facing the child, have him/her hold your arms while you tow him/her, as he/she tries to kick his/her legs.
3. After standing and practicing the crawl arm stroke, face the child and hold him/her under his/her arms, towing him/her as he/she tries to use both of his/her arms and legs.
4. Have the child try kicking on his/her back while being towed, with one of your arms at his/her neck and the other supporting his/her back.
5. Have the child practice a face-down prone glide.
6. Have the child do the prone float and add the flutter kick.
7. Have the child swim face down with arms and legs while holding his/her breath. Stress relaxation and proper body position. Also never permit a thrashing or a fighting stroke.
8. Try blowing bubbles and ducking under the water.

TO GRADUATE: Demonstrate a relaxed, face down, prone float. Swim 8 feet relaxed without breathing, face in water.

### STATION TWO:

Objective: Utilization of a good relaxed form to swim 16 feet without breathing.

1. Float and glide, not using arms or legs, head between arms, holding breath.
2. Float and kick. Small and relaxed kick, toes and feet pointed.
3. Float, kick and add the arms, no breathing.
4. Walk using arms to simulate the crawl stroke. In-the-water trainer should be behind the child and while grabbing the wrists show how to make "big circles" with the arms.
5. Blow bubbles and duck under water.
6. Do the backstroke flutter kick while being towed.

TO GRADUATE: Swim crawl 16 feet - no breathing.

### STATION THREE:

Objective: Utilize a long, relaxed crawl stroke with breathing.  
Steps 1 — 4 review all previous skills stressing the objective: long, relaxed stroking.

1. Crawl kicking.
2. Back kicking.
3. Swimming without breathing.
4. Blowing bubbles.
5. Standing, work arms; practice breathing habits: relax, inhale, blow air out (while standing using arms).
6. Swimming, practice getting one breath, then two, then three.

TO GRADUATE: Swim a relaxed crawl for 20 feet, getting at least three breaths of air.

### STATION FOUR:

Objective: To develop a long stroke with a slight body roll, which will make it easy to improve the breathing pattern.

1. Crawl kicking.
2. Back kicking,
3. Try using arms on the back.
4. Crawl stroke without breathing.
5. Walk and practice the breathing.,
6. Swim the crawl with proper breathing.

TO GRADUATE: Swim a relaxed crawl for 30 feet while breathing.

Now it is appropriate to congratulate the swimmers as they graduate out of station four. Each of the graduates should be encouraged to join a more advanced swimming program to further their training and become an even better swimmer. This will insure their enjoyment of a life-long healthy sport.

FOOTNOTES: Because there are many different teaching styles, the instructor may vary the content in the above four stations.

Students and parents should be encouraged to share the safety information with younger children at home. This is an excellent way to reach any appreciable number of pre-school children.

For additional information write:

Every Child A Swimmer, Inc,  
One Hall of Fame Drive  
Ft. Lauderdale, FL 33316



# Every Child A Swimmer

## Four Station Teaching Outline

- **Is Fun**
- **Builds Health**
- **Saves Lives**

**A special program of  
Kiwaniis International  
Key Club International  
and  
Circle K International  
for elementary schools**

*Recognized by the International Swimming Hall of Fame*

