

## A. Preliminary Training

1. Breathing: The beginner must understand that normal use of the nose for breathing is incorrect for swimming.
  - a. The mouth should be used exclusively for inhalation.
  - b. Rhythmic coordination of breathing should be practiced.
  - c. Immersing in water with eyes open.
  - d. Exhaling through mouth and nose with face immersed.
2. Relaxation:
  - a. Emphasize slow action in the water.
  - b. Demonstrate the bad effect of jerky and convulsive action.
  - c. Demonstrate the beneficial effect of slow and relaxed swimming. Conservation of energy by use of relaxed activity.

## B. Floating Skills

1. Prone Float
2. Back Float
3. Glides
  - a. Prone
  - b. Kick
4. Sculling, finning (floating with slight use of arms or legs).
5. Treading water.