

SESSION PLAN - GENTLE POOL EXERCISES

Notes:

- Swimmers should be working at chest depth water
- Swimmers should be advised to work at their own pace
- There is no pressure to complete a session
- The session is non-competitive
- Constantly check participants comfort levels (hot/cold/unwell?)
- ALL exercises can be modified for individual needs (easier, harder, faster, slower, less repetitions, more repetitions)
- A Bluetooth speaker can play music during the session for enjoyment (make sure you don't annoy others)

Equipment:

- Sun hat
- Sunglasses
- Sunscreen
- Water bottle
- Wetsuit
- Noodle (can be purchased at a variety of shops for about \$2)



Session 1: INTRODUCTION & PROFICIENCY

STAGE	ACTIVITY	TEACHING NOTES
Proficiency	Proficient pool entry Walking test 20m in chest depth Swim/dog paddle	Swimmer must be able to enter and exit pool unaided and safely Swimmer must be able to show stable walking in water unaided Swimmer must be able to save self by floating/swimming to edge of pool unaided
Warm up (10 min)	Walking forwards Walking backwards Walking sideways Marching - Alternate high knees Marching – opposite elbow to knee Jogging on the spot	Pre-determined distance and formation of participants E.g. Lines Circles/change direction Figure 8 Square Follow the leader
Main Set (20 min) Circuit	Running backwards propelling water with hands Running forward propelling water with hands Lunge walking Big low steps backwards On command run forward X 2 Wall push ups Star jumps Split squat jumps Tandem walk	Variation of hand depth and action Use hands or noodle for balance Vary hand depth and action Mark a certain distance with a cone or other indicator Circuit Divide swimmers into 4 groups Swimmers to work at their own pace Group to walk to new location after 15 seconds at each station 15 seconds to move station
Cool down	Calf stretches Standing side bends Shoulder rolls/shrugs Breathing in and out while sweeping arms & squatting	

Session 2: Noodle Mania

STAGE	ACTIVITY	TEACHING NOTES
Warm Up	Walking forwards Walking backwards Walking sideways Marching - Alternate high knees Marching – opposite elbow to knee Jogging on the spot	Pre-determined distance and formation of participants E.g. Lines Circles/change direction Figure 8 Square Follow the leader
Main Set	Noodle in U shape around chest Freestyle kicking Freestyle kicking + arms Noodle in U shape around back High knees cycling High knees cycling + arms Noodle push/pull 2 seconds down/2 seconds up Noodle push/pull + walk Noodle tucks	Moving forward Moving back to start Stationary exercise Stand in squat position Hold noodle shoulder width apart Push down towards hips/let rise to chest Push/pull whilst walking Wrap noodle behind back and under arms, hold on ends Start with feet down and then bring knees up to chest. Repeat.
Warm down	Calf stretches on wall Standing side bends Shoulder rolls Shoulder shrugs Breathing in and out while sweeping arms with squat	Shoulder and arm stretches can be done whilst moving.

Session 3: Noodle Runners

STAGE	ACTIVITY	TEACHING NOTES
Warm Up	Side stepping Marching Jogging	Participants to be kept moving for 10 minutes rotating through warm up exercises Vary distance and intensity
Main Set These 4 exercises are designed to be worked in a set of 2,3 or 4 dependent on swimmers' skill, balance and fitness level. Rest periods to be decided by leader.	Noodle running (or walking) Noodle lunges X 8 (4 each leg) Alternative toe touches Pike plank X 3 (15 sec rest between each)	Put the noodle around behind your upper back and place your hands on the ends Start on one side of the pool and in a running/walking motion move to the other side or a designated point Stationary exercise. Stand with end of noodle in each hand, arms extended in front of you and under water. Place hands close to each other so the noodle forms a U shape. Step forward and step one foot through the U. Push off the same foot and bring it back through the U to the standing position. Repeat on other leg. Put noodle behind back and hold ends in hands. Lift alternate feet/knees up whilst bringing opposite hand to meet the foot/knee. Slow or faster repetitions depending on balance level. 5-10 on each side. Put noodle behind upper back and hold the ends in front Lift feet off the ground and move into a pike position Hold for 10-15 seconds and repeat
Warm down	Calf stretches on wall Standing side bends Shoulder rolls Shoulder shrugs Breathing in and out while sweeping arms with squat	A good time to slow things down and focus on simple movements with deep breathing

Session 4: Bum Buster Session

STAGE	ACTIVITY	TEACHING NOTES
Warm Up (10 minutes)	Walking forwards Walking backwards Walking sideways Marching - Alternate high knees Marching – opposite elbow to knee Jogging on the spot	Slow and easy start to the session Take swimmers through each exercise methodically with emphasis on good posture Lots of greetings and a positive vibe to start the session
Main Set (20 minutes) These 4 exercises are designed to be worked in a set of 2,3 or 4 dependent on swimmers' skill, balance and fitness level. Rest period to be decided by leader.	Noodle march Sidestep Noodle push/pull Noodle stamp	Stationary exercise Noodle held in front, hands shoulder width apart Lift both feet off bottom Move legs up and down in a marching or cycling motion 30 seconds Stationary exercise Noodle held in front, hands shoulder width apart Standing with feet together Move left leg out to side and squat Push off bottom and move left leg back to Centre Repeat with right leg 20 in total Stationary exercise Noodle held in front, arms outstretched hands shoulder width apart Noodle 10cm submerged Push noodle forward away from body, then pull in towards body 10 repeats Hold each end of noodle in front in a U shape with bottom of U towards bottom of pool Place left foot in Centre of U Let noodle bring foot up approx. 30cm then push noodle back down to bottom 10 on each leg
Game Time	Volleyball (modified) Try to keep playing area small To minimize a dropped ball	Divide swimmers into 2 teams With a corridor through the middle for an imaginary net Have sides pass a lightweight ball across the corridor to the opposite team.

Session 5: Balance Buster

STAGE	ACTIVITY	TEACHING NOTES
Warm Up (10 minutes)	High knee jog Leg curls Ankle reaches Long kicks Cross country skiing Slow jumping jacks	Stationary exercises All movements should be done slowly Add arm movements 10 repetitions of each then repeat
Main Set (20 minutes) These 4 exercises are designed to be worked in a set of 2,3 or 4 dependent on swimmers' skill, balance and fitness level. Rest periods to be decided by leader.	Side leg raises Tightrope (Tandem walk) Flamingo (One leg balance) Back kick	Using one arm hold onto wall and extend leg out (counting to 2) then squeeze back. 10 repeats then change sides by turning around. Walk away from wall taking 'baby steps' heel to toe Use arms or noodle for balance Turn & tandem walk to wall Find a space Stand on one leg. Bring other leg forward, with knee up towards chest, and then reverse with leg extended behind. Repeat. 10 reps each leg. Place noodle around back and hold ends in the front. Kick on back a distance. Kick on front back to start.
Group exercise (10 minutes)	Donut kick	Place noodle around back and hold ends in the front. Form a circle with all swimmers facing into the circle and swimmers holding onto the swimmers' noodle to their left and right On 'Go' swimmers lean back and kick. 30 seconds-20 seconds, 10 seconds, 20 seconds, 30 seconds. 10 seconds float and rest between each.
Cool Down	Easy walk & chat for 2-5min	Without noodle if possible

Session 6: Boxing Babes

STAGE	ACTIVITY	TEACHING NOTES
Warm up (10 minutes)	Walking Ice skating Marching	forwards/backwards/sideways sweeping feet to the left and right to mimic skating High knees/arm action
Main Set (25 minutes) These exercises are designed to be worked in a set of 2, 3 or 4 dependents on swimmers' skill, balance and fitness level. Rest periods to be decided by leader.	Straight punches Jog/walk Kicks Jog/walk Uppercuts Jog/walk	Clench fists and punches to the front with alternating arms Arms to remain under water 20 in total Jog/walk to designated point and return Hands on hips Lift one knee up and kick out to the front and bring foot back through same path. Repeat on other foot. 20 in total. Jog/walk to designated point, walk backwards on return Clenched fist, bent arm, moving fist from hip in an upwards path 20 total Jog/walk to designated point, faster return
Cool down (10 minutes)	Easy walk and talk with emphasis on Upper body stretches	