LET GAMES TEACH YOU

How to Swim

by
Magdy M. Shokry

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DEDICATION

To everyone that I learned something from them in my long experiences in swimming field.

From the time that I was learning how to swim 1963–1967 in Aswan, Egypt, or Study Swimming in College of Physical Education 1979–1982, or Teaching and Coaching Swimming from 1979 to current.

From a book, research, lecture, swim clinic, interview, video record, Swim meet, internet resource or a course that I ever attended.

Thank you all.

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CONTENTS

PREFACE

Dear Reader: This book aims to teach swimming skills. These skills are especially important for all competitive swimming strokes as well as sidestroke, elementary backstroke, and underwater swimming. Other skills that complement these strokes are included for safety and enjoyment. Turns, jumping, and treading water, All the skills listed can be taught through the 120 games and additional modifications presented.

The games start with simple, basic skills and gradually progress into combination skills for intermediate and advanced levels.

This book provides instructors and parents a different way to teach beginners how to swim and improve skills for the intermediate and the advanced levels.

Games are very important to children who benefit from the fun of learning. Games in this book do not need too many explanations and sometimes do not need any demonstration.

Corrections can be made during the games without stopping the game. In this way the child can learn from his/her mistakes and still feel good about competing.
It is important to maintain the fun and pleasure of competing well.

My experience in coaching first class athletes demonstrates this. I coached the Saudi Arabian National Swim Team from 1987 to 1993; served as supervisor for the Swimming Schools in all Saudi regions; coached swimming Faculty at the Minufiya University in Egypt specializing in freshman students during 1994-2000, and worked as Lecturer of science of training and Swimming at both the Egyptian Swimming Federation and the Egyptian Olympic academy from 1994-2000. Since I moved to the United States (Brooklyn, NY) in 2000, I became the swimming instructor for over 200 intermediate and advanced Students at Eastern Athletic Clubs, then at Dolphin swimming. Also, Coaching for the Brooklyn College Swim team.

I always use games and fun ways to make the learning enjoyable. Not only for kids, but also for any age. This book is for swimming instructors and parents

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to use in helping beginners, intermediate and advanced swimmers improve their comfort and fun in the water. It is a fun way to teach an important skill, and through repeating the games, students can refine their skills while they having fun.

Chapter I provides lessons for beginners through 68 games and 30 modifications to introduce basic skills:
Enter and exit the pool, walking, and jumping in the shallow water, submerging faces underwater, blow bubbles, floating on front and back, kicking on front and back, and alternating arm movements, jumping the side of the pool, exploring and treading water in deeper end, changing direction, turning over-back to front and front to back, elementary back stroke, and breathing from both side and front.

Chapter II provides lessons for intermediates through 34 games and 40 modifications.
It introduces such intermediate skills as rotary breathing, treading deep water, refining front and back crawl stroke, practice elementary backstroke, breaststroke, sidestroke, sculling, underwater swimming, and surface diving. Also, practice the dolphin kick.

Chapter III providing lessons for the advanced swimming through 18 games and 54 modifications.
It introduces such skills as the ability to swim continuously for 500 yards using any stroke or kick, 200 yards freestyle, 100 yards backstroke, 50 yards breaststroke, 25 yards Butterfly stroke, treading deep water for 5 minutes, swimming an individual medley, and starts and turns for all types of strokes.

Please read the book and find new ideas and games for the fun and enjoyment of swimming.

Writing this book has been a fun experience for me

I published this book in 2002 in Egypt, but unfortunately, the publisher missed a couple of lines in many games. Thus, I didn't sell this book at all with the hope that one day it will be fixed and republished.

And here we are, thanks to the Pandemic (COVID 19) that gave us a lot of time at home! I decided to make the Second Edition from this book with new pictures plus illustration by my friend William Bennett.

Welcome to the excitement of swimming and the joy of being comfortable and safe in water.
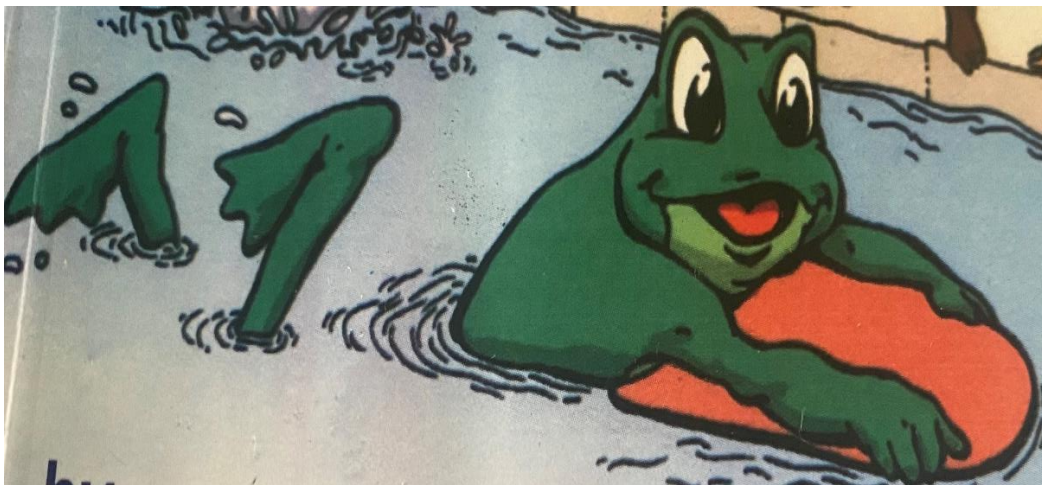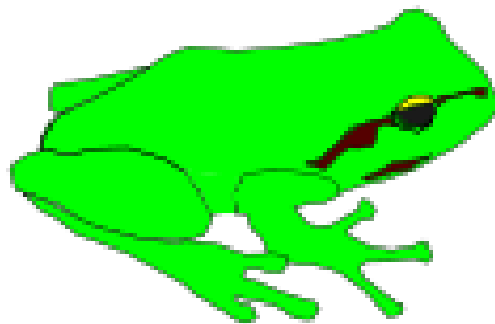
Chapter 1

The Beginners Level

In this chapter, games try to explore water environment and to give the beginners the primary skills that make them spend an interesting time in the swimming pool.

Also, this chapter introduces some games that help beginners in stroke readiness.

Frog is the Symbol of level 1. The Beginners

The Beginners level involves these main skills:

- Enter, exit, walk, run, jump, and move in shallow water.
- Submerge face, and head in waist or chest deep water, and blow bubbles.
- Opening eyes and submerging head to retrieve sinking objects in the chest deep water.
- Bouncing and floating on front, and on back.
- Push the wall and the floor, and Gliding, on front and back
- Kicking on front and back
- Alternating arm action on front and back.
- Performing combined kick and arms for the basic freestyle and backstroke.
- jumping from the side of the pool by feet first.
- Explore and tread deep water.
- Changing direction and turnover from front to back and back to front.
- Elementary backstroke.
- Breathing in freestyle from front then from the side.

LEVEL 1

① enter, walk in & exit waist deep water

② submerge head under waist deep water

③ retrieve objects from the bottom of the pool

④ float on back and front

⑤ kick with kickboard on front and back

⑥ alternate arms

⑦ jump into pool feet first from the side

⑧ elementary backstroke

Major Skills in Level 1. The Beginner

GAME 1.

SPLASH

Goal: To train students in sensation of the water and entrance to the pool. Then walking in shallow water to the ladder and exiting the pool safely.
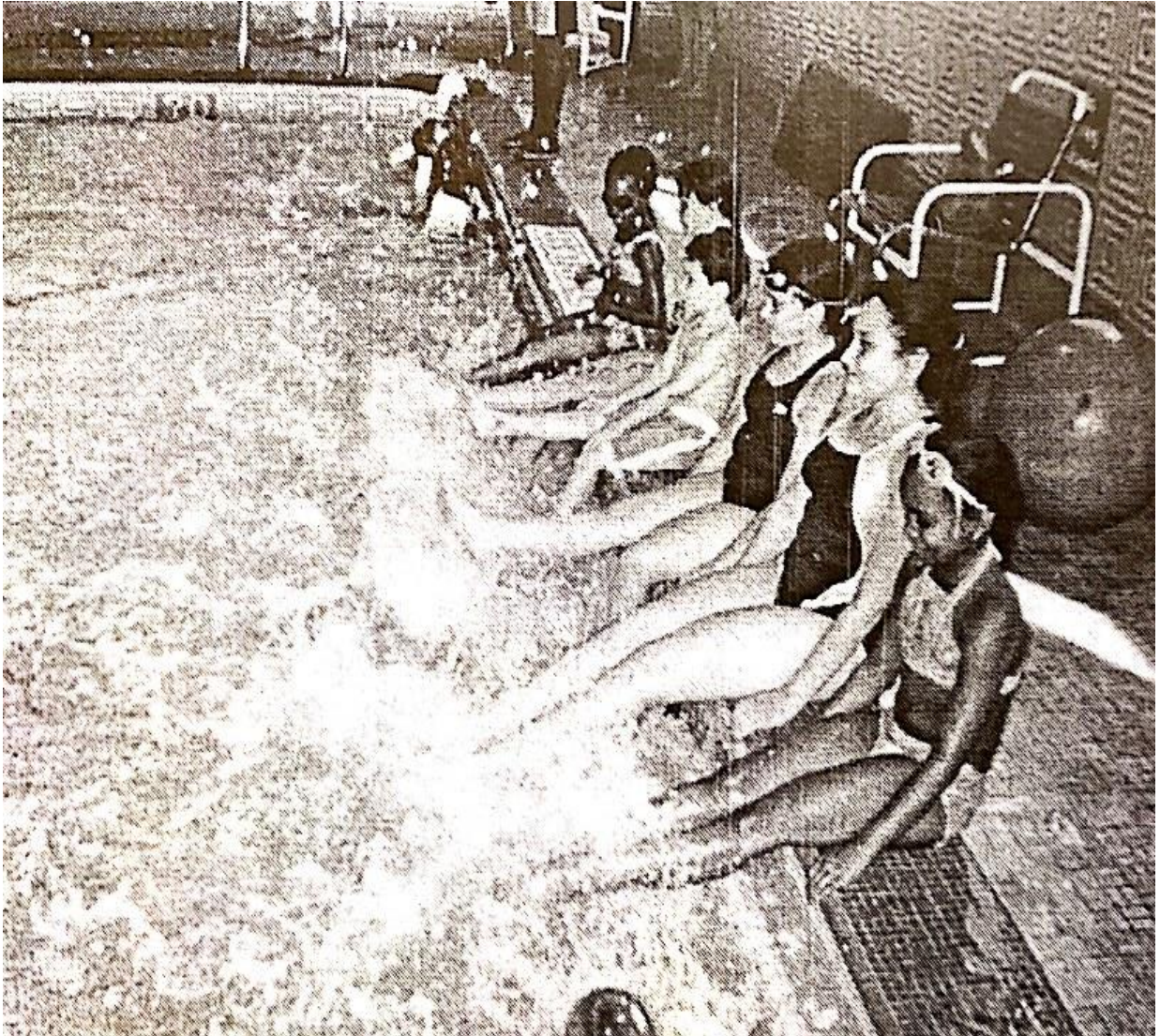
Equipment: None.

Number of players: Any number.

Strategy: Players sit on deck of the shallow end of the pool. They splash the water by kicking. Each player has a number (1 to 8, if there are 8 players). The instructor is in the water facing the players. When the instructor calls out a number, this player enters the pool from the ladder by assistance of the instructor. They walk slowly in waist deep water and exist slowly and safely from the ladder on the opposite side of the shallow end. The instructor calls out all numbers one-by-one.

Modifications: The instructor can divide players into two teams and give first player of each team number 1, second player of each team number 2, etc. Then, she/he can do a race between both players that have the same number to determine who can enter the water, walk to instructor to touch him/her, exit from the ladder and return to his/her place first. The process is repeated with all players many times.

GAME 1.

DUCK AND IT'S DUCKLINGS

Goal: To train the students in entrance to the water from the ladder at the shallow end, to walk or to run in the water and then to exit from the ladder at the opposite side of the shallow end.

Equipment: None.

Number of players: Any number.

Strategy: Players stand in a row behind instructor facing the ladder at the shallow end of the pool. All players follow the instructor. If she/he enters the water, they enter too. If she/he walks, they walk too. If she/he jumps, they jump too. If she/he exits, they exit too. The ducklings imitate the mother duck. The process is repeated many times.

GAME 2.

GAME 3.

REPLACEMENT

Goal: To train students in walking or running in waist deep water.

Equipment: None.

Number of players: Equal number in each team.

Strategy: Each team stands in either corner of the shallow end of the pool holding their teammates hands facing the other team. With the starting signal, each team walks to the opposite corner without lifting their hands. The first team to reach the opposite corner wins.

Modifications: They can do this game by running or jumping. Also, they can do it by putting their hands on each other's shoulders.
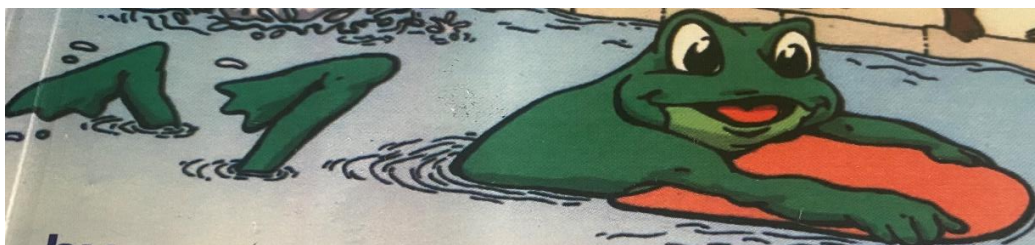
GAME 3.

GAME 4.

WALK OR RUN, LET'S HAVE SOME FUN

Goal: To train the students to enter the pool from the middle ladder at the shallow end and walk or run to the opposite side right or left and exit at the opposite ladder.

Equipment: None.

Number of players: Any even number (4-12 players).

Strategy: In shallow end of the pool, players stand in two facing team, at the starting point of the middle of the shallow deck. At the starting signal from the instructor, each team enters the pool one- by-one and walks to the ladders at the opposite ends and back to their places. The team who reaches the starting point first wins. If there is no ladder in the middle of the shallow end, students can enter the pool by sitting on the deck and lightly jumping in then walking or running to the exit.

GAME 4.

GAME 5.

RELAYS

Goal: To train students in walking, running, jogging, jumping and hopping in shallow water.

Equipment: None.

Number of players: Any even number.

Strategy: Players stand in shallow water in two teams, A and B. Each team divides into two groups facing each other. At the instructor's starting signal, the first one of each team walks fast until she/he meets the partner from the team that complete side of the team. All team members repeat the process as a relay. first wins.

Modifications: They can do this game by running, or b Also, they can do it by side walking on.
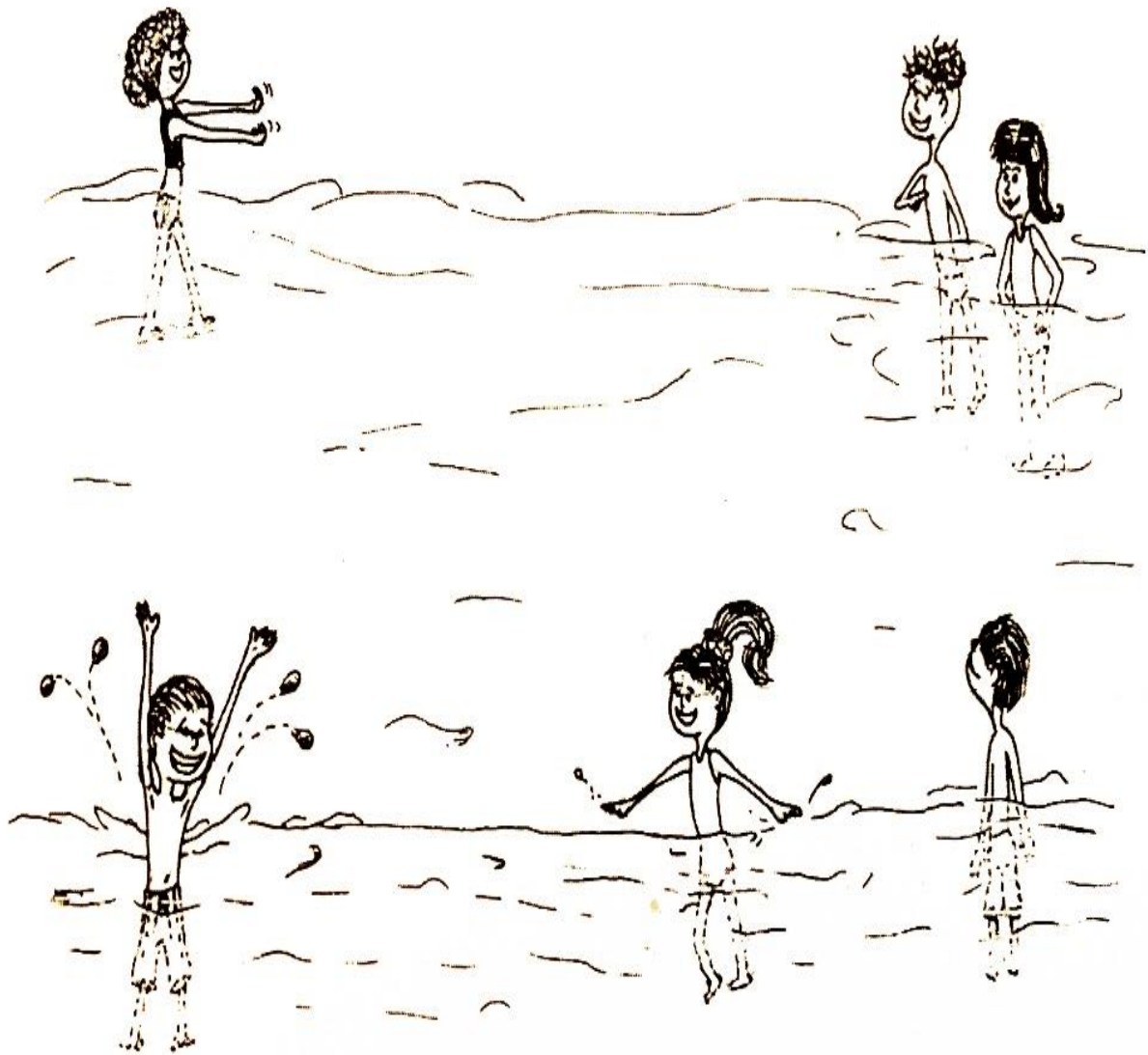
GAME 5.

GAME 6.

VOLLEY BALL, BASKETBALL

Goal: To train students to move in water in any direction.

Equipment: Plastic Handball, Basketball, or Volleyball.

Number of players: Any even number.

Strategy: Players will split into two teams. They play for 5 to 10 minutes. The instructor can play with both teams. They play 3 or 5 rounds to see who the winner is?

Modifications: This game can also be in basketball by using any basket on the deck of both sides. Also, they can play volleyball with appropriate equipment.

GAME 6.

GAME 7.

TALKING TO THE FISH

Goal: To train the students to submerge face 3 to 5 seconds underwater.

Equipment: None.

Number of players: Any number.

Strategy: Players standing in a row facing the shallow end of the pool, and holding the edge with their hands. When instructor says, talk to the fish, everyone submerges his/her face in the water. Players make bubbles to exhale in the water for one second, and then they raise their faces up. Instructor repeats this game for 2-, 3-, 4- and 5-seconds submerging faces in the water.

GAME 7.

CHAIN REACTION

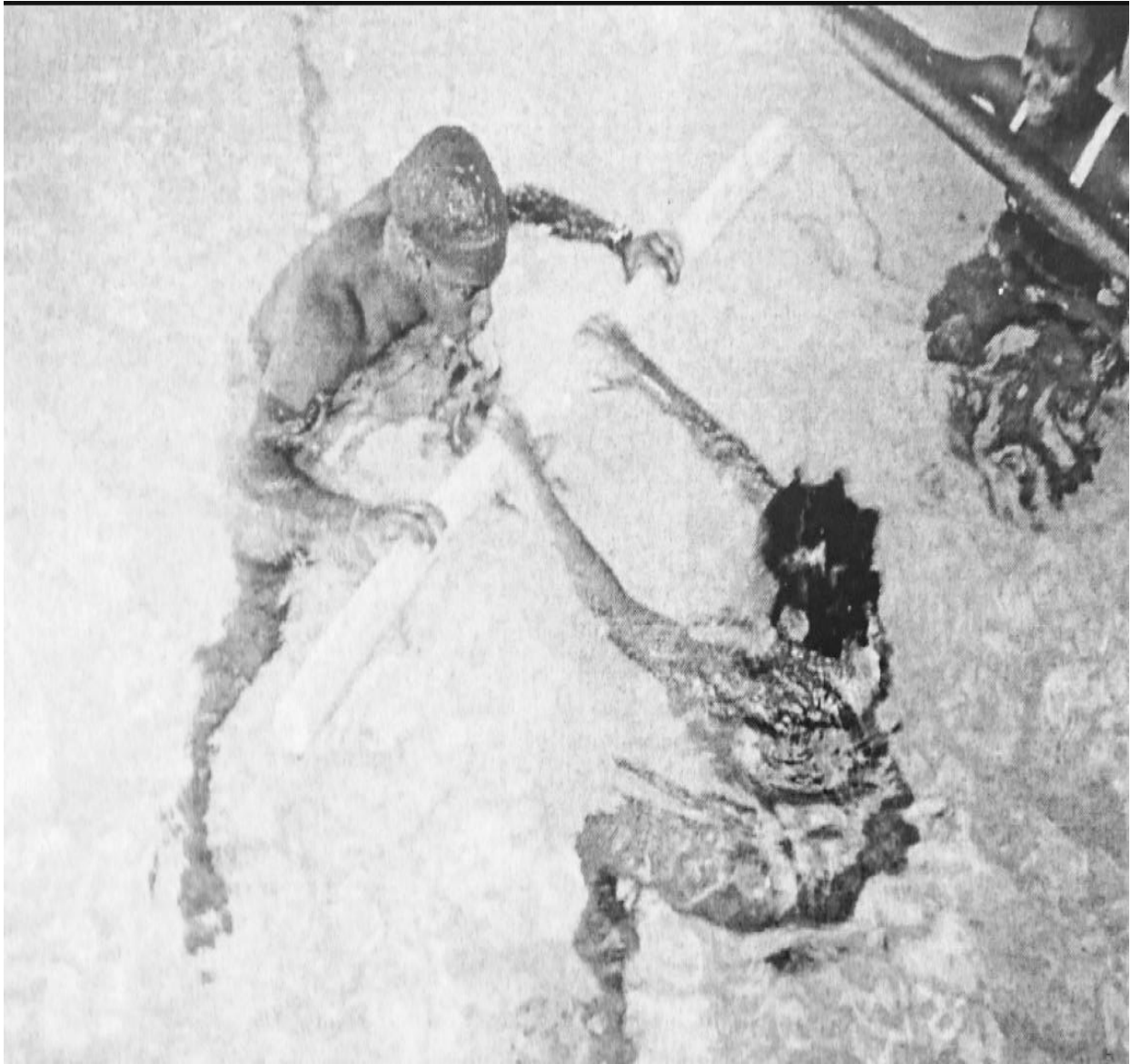**Goal:**   To train students to submerge face underwater.

Equipment: None.

Number of players: Any number.

Strategy: Players stand the in waist or chest deep water holding hands in circle formation. The instructor is one of the players in this circle. Instructor squeezes his or her neighbors' hand, who submerges and then passes the squeeze to the next players hand, and so on, back to the instructor. Each player submerged, squeezes the next players hand before she/he raises his/her face up. They can do this game by staying one second submerged in first round. Then two seconds in the second round, etc.

GAME 8.

GAME 9.

PASS THE BALL

Goal: To train students in jumping and submerging face underwater for 3 to 5 seconds.

Equipment: Racket or tennis balls.

Number of players: Any number.

Strategy: Players stand in a row in shallow water facing instructor. The instructor throws the ball in an upward motion to one of the players who jumps up to catch the ball and then bends knees to submerge 3-5 seconds underwater. She/he throws the ball back to the instructor. Instructor repeats throwing and catching the ball with all players one-by-one.

Modifications: They can do this game by using a ball between each couple. They can use a light plastic ball and split into two teams. One team between members of the other team throws the ball to try and catch the other teams throws. Then the two teams trade places.
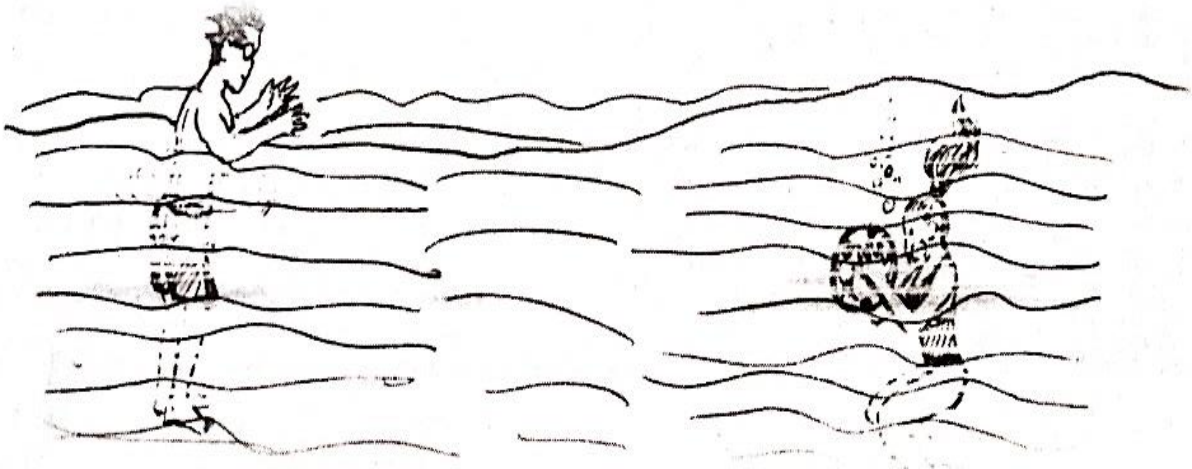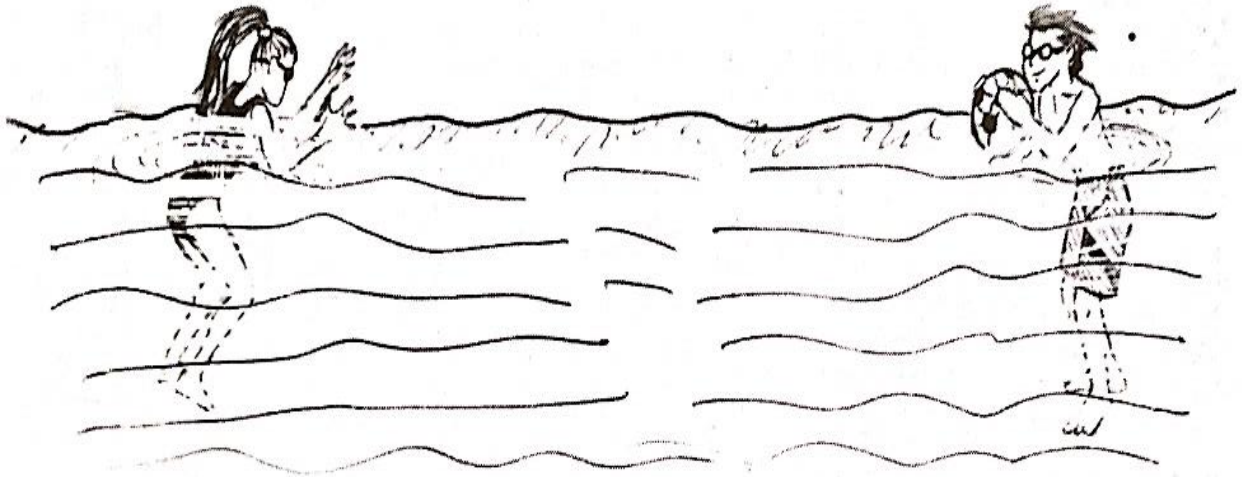
GAME 9.

GAME 10.

AGAINST THE SIGNAL

Goal: To train students in walking, running, jumping and submerging face underwater for 3-5 seconds.

Equipment: None.

Number of players: Any number.

Strategy: Players spread in the shallow end of the pool. The instructor can be out or in the pool facing the players and all of them looking to him or her. When the instructor signals to any direction, all players move the opposite direction. When the instructor signals to the right, all players walk, run or jump to the left. When the instructor signals up, all players submerge face underwater 3-5 seconds. Any player that does not follow against the signal will get out of the pool. Last one in the water wins.
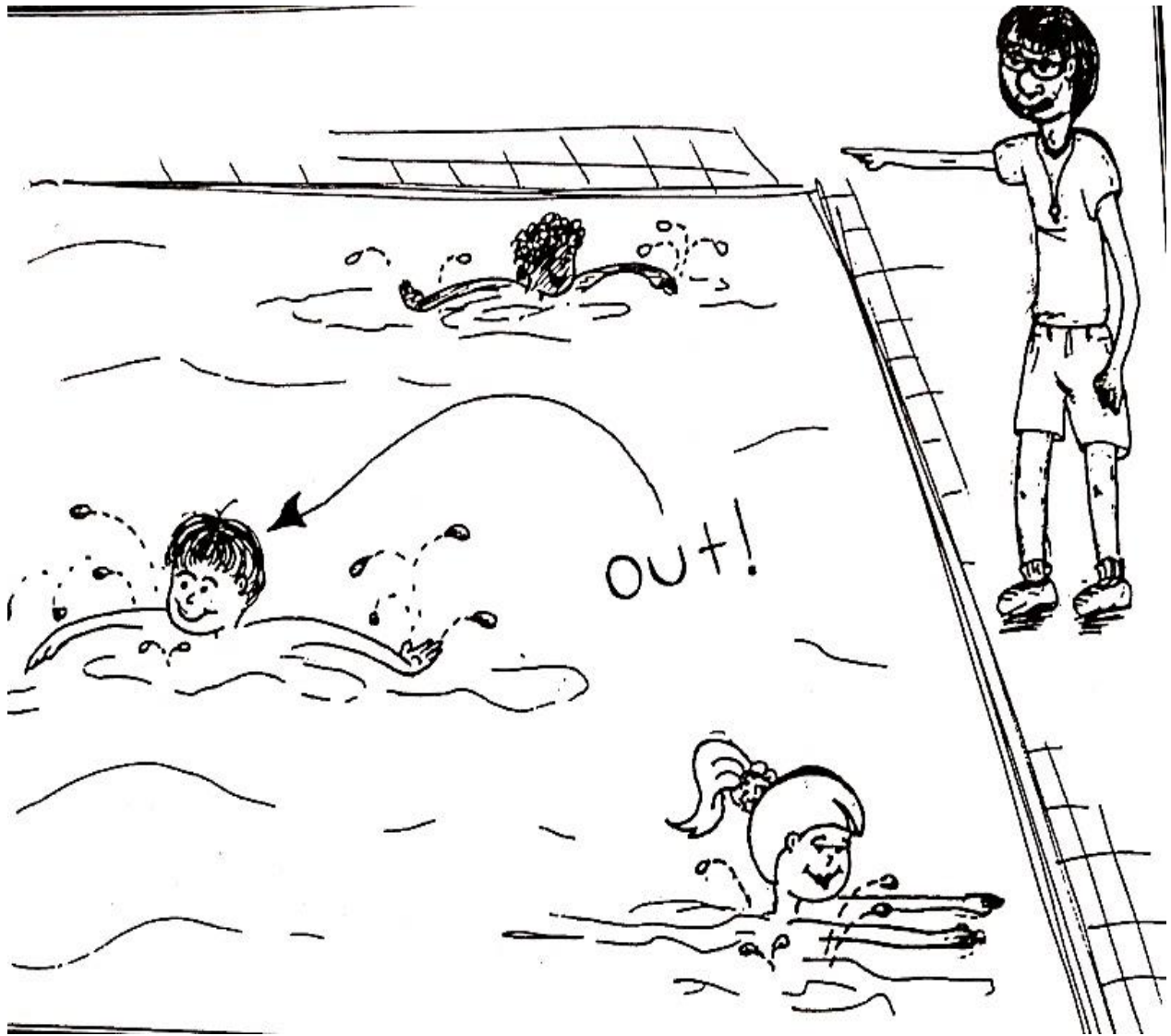
GAME 10.

GAME 11.

COUNTING

Goal: To train students in submerging face and opening eyes in shallow water.

Equipment: Goggles if possible.

Number of players: Any even number.

Strategy: Players spread in shallow water.   Each two players together facing each other. One of each couple submerges his or her face underwater, and the other puts his or her hand underwater to make a number with their fingers. Each couple changes between each other if the submerged person knew the right number on his or her partner's hand. The process is repeated many times.
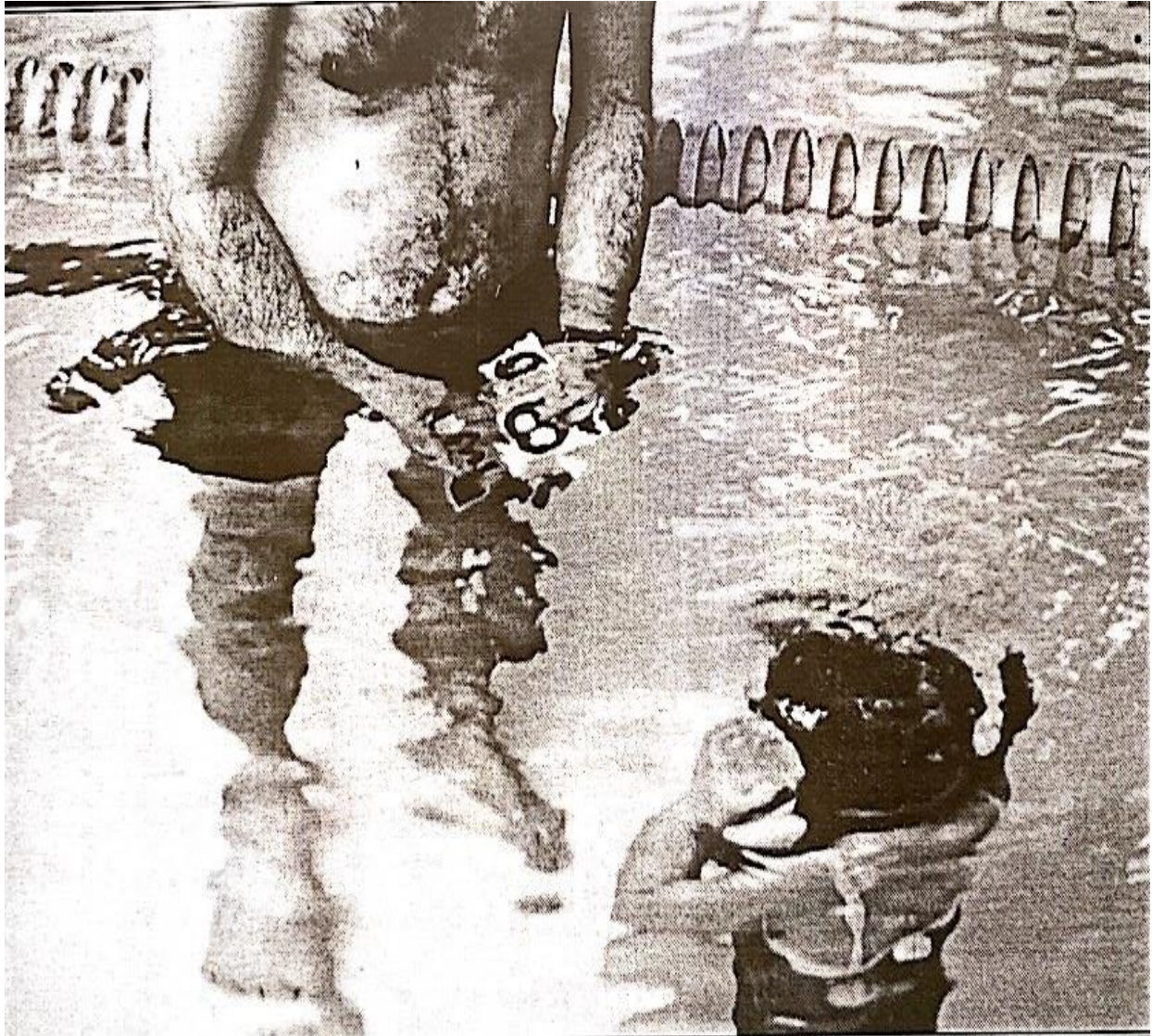
GAME 11.

GAME 12.

COLLECT THINGS FROM THE BOTTOM

Goal: To train the students in submerging, and opening eyes underwater and holding or blowing breath underwater.

*Equipment:* Over 20 sinking objects like; Coins, Marbles, and other Metal or stone things.

Number of players: Any number.

Strategy: The instructor divides the players into two teams. Each team stands out of the pool on opposite edges of either side of the shallow end. The instructor spreads the sinking objects around the shallow end, then gives players the starting signal. All players of each team enter the pool and try to retrieve the objects that sink to the bottom of the shallow water by bending knees and opening eyes underwater. Each team tries to collect as many objects in the time limit or until all objects are collected. Instructor counts each team' objects and the team with the most wins. The process can be repeated many times.
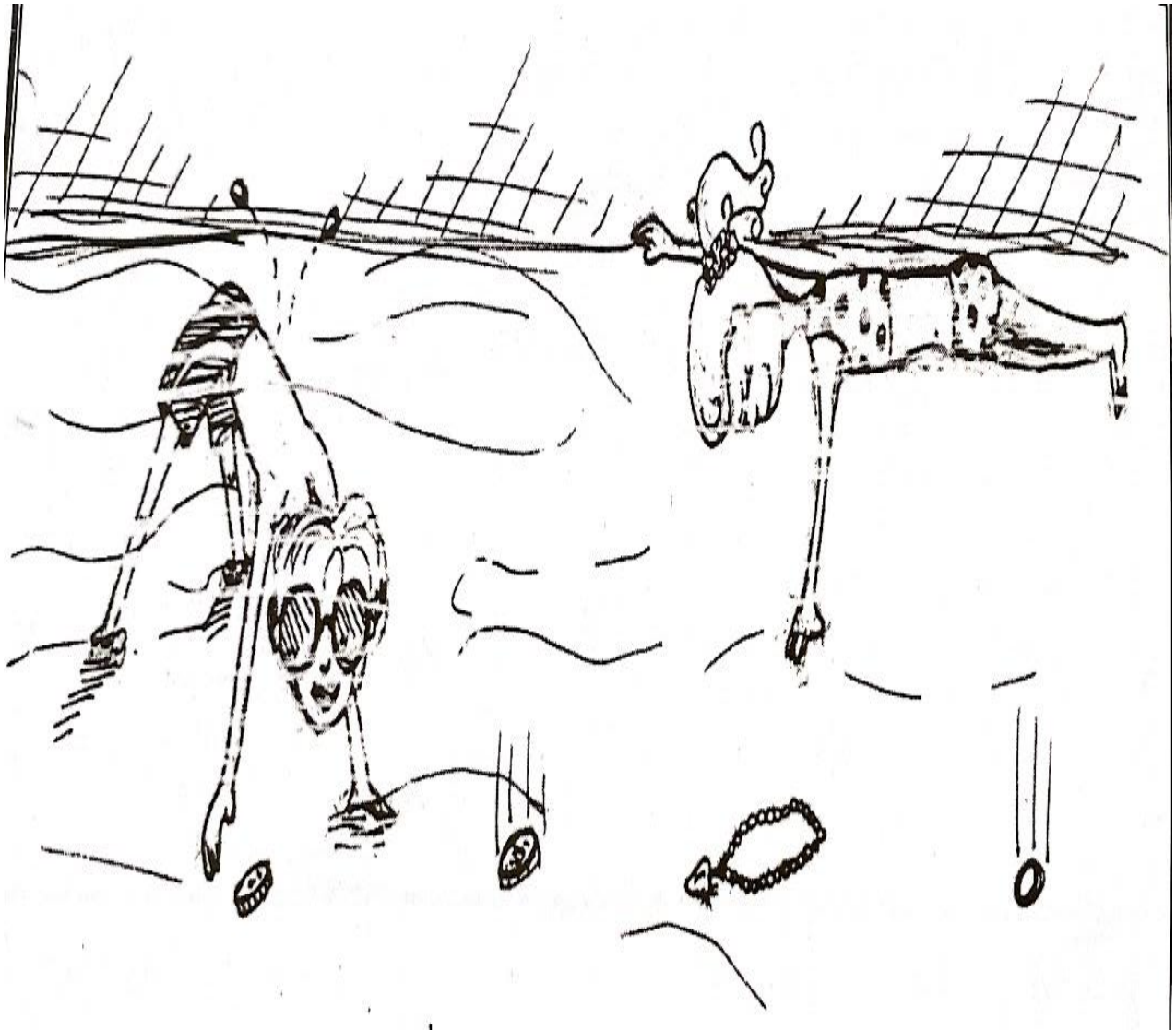
GAME 12.

GAME 13.

THE GOLDEN PLATE

Goal: To train students in submerging and opening eyes head to retrieve plates from the bottom of chest deep water.

Equipment: 20 plates that can sink and will not break, written on each plate is a single number, starting from 100, 200, 300, etc. and the Golden Plate which has (3000 points).

Number of players: Any number.

Strategy: Players stand in shallow end of chest deep water. They close their eyes while the instructor throws the plates in the water. Then they open their eyes and submerge face and head in water to retrieve plates from the bottom. When all the plates are collected the player with the highest number of points added up from the plates wins.

GAME 13.

YOUR NAME'S LETTERS

Goal: To train students in submerging face or head underwater and retrieving objects from the chest or waist deep water.

Equipment: Letters that can sink and goggles.

Number of players: Any number.

Strategy: Instructor throws a group of sinking letters in chest or waist deep water then asks players one-by-one to collect the letters that compose his or her name, as fast as possible. The player that spells out his/her name first wins.

Modifications: Instructor can let all players try to collect the first letter of their name. The winner is the fastest one that collected the requested letter.
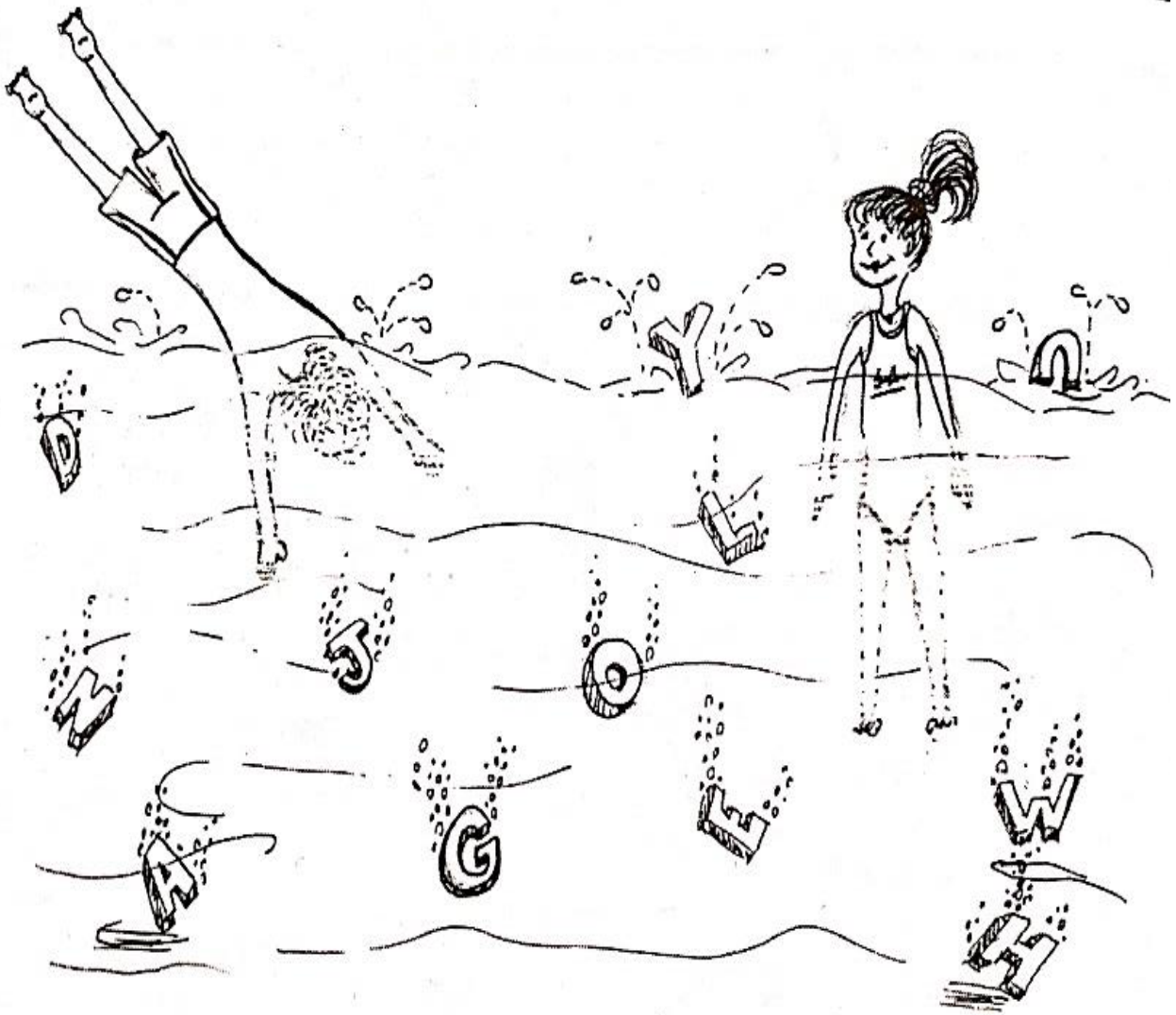
GAME 14.

GAME 15.

SWING

Goal: Submerge the head underwater for 3-5 seconds.

Equipment: None.

Number of players: Any even number (6-12).

Strategy: Players standing in shallow water in couples facing each other. The first player submerges by squatting and looking to the bottom to make bubbles for 3 seconds while the second player stands. Then they change, and repeat this game many times. For longer submerge up to 5-7 seconds.

Modifications: They can do the same game between two teams (A and B). Team A standing while team B submerges, then change.

GAME 15.

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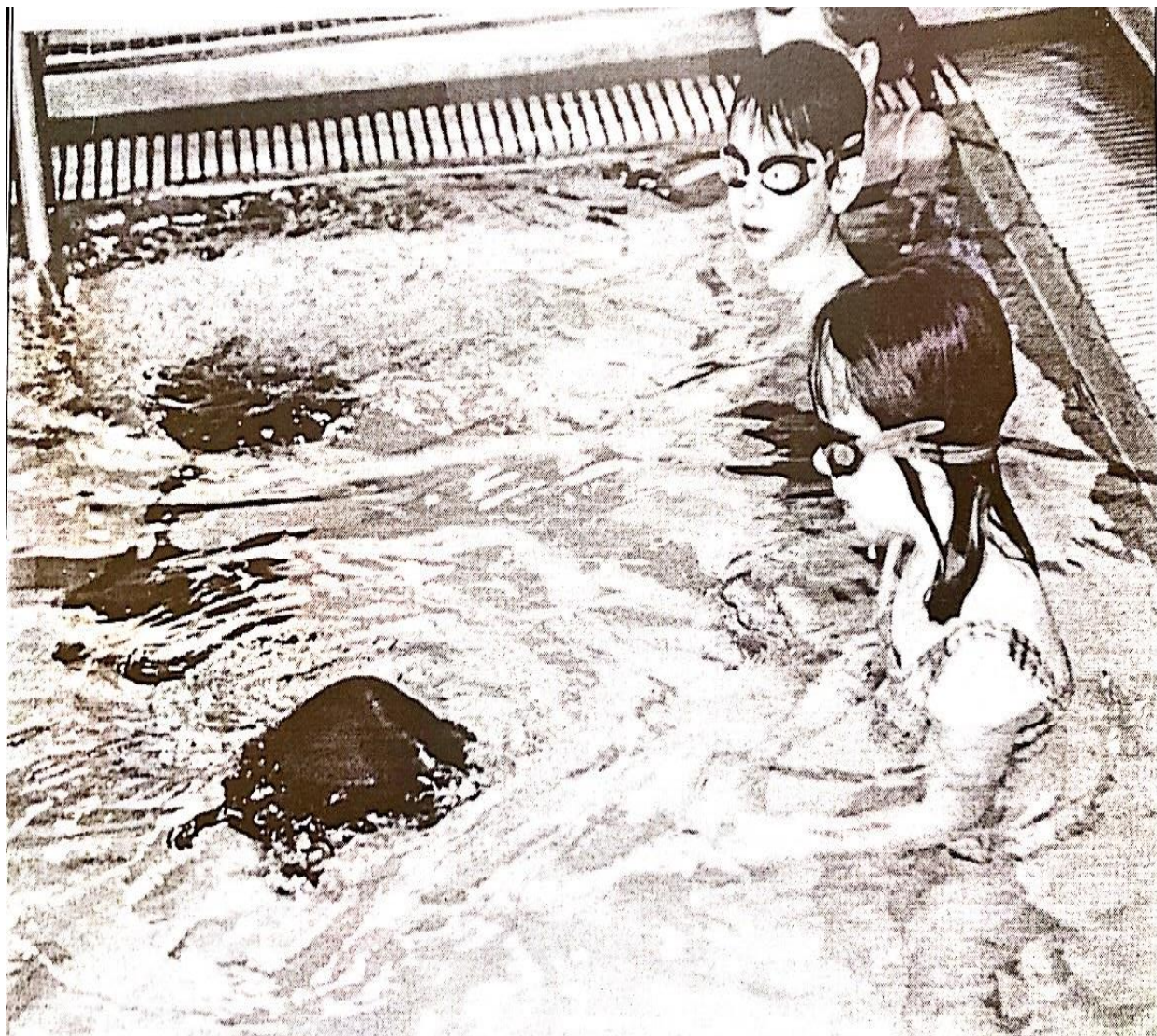
GAME 16.

PING PONG BALL

Goal: To train students in organizing elementary breathing while submerging face and walking in water 5 yards.

Equipment: One ping-pong ball for each couple.

Number of players: Any even number (6-12 players).

Strategy: Players in couples standing in the shallow water facing each other, the distance between each couple is almost 5 yards. Each player of group A against the wall has a ping-pong ball on the water in front of him/her. With the starting signal from the instructor, each player of group A blows the ball towards the other side. When the player reaches his/her partner, the players in group B then blows the ball back to the starting point. The team who reaches the starting point first wins.
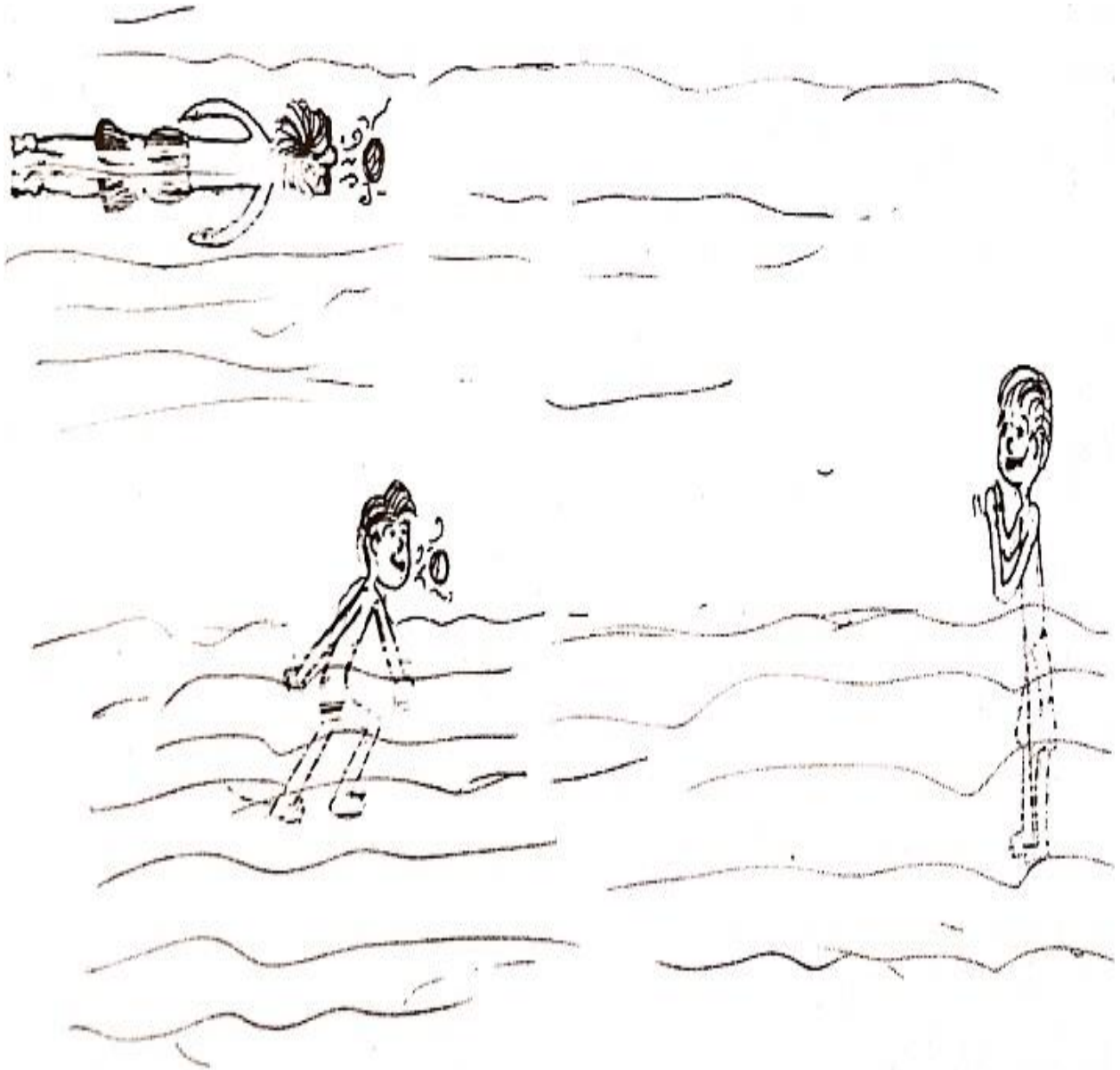
GAME 16.

GAME 17.

STATUES

Goal: To train students in floating on front and submerge faces 5-10 seconds. Also, to move from standing to the horizontal position.

Equipment: None.

Number of players: Any number.

Strategy: In the chest deep water, players stand in a row against the wall. With the starting signal from the instructor each player bends forward at the waist, extends both arms forward on the surface, lowers their face into the water between their arms and tries to stand in this prone position until the instructor finishes counting from 1-5. Players can hold their breath or blow bubbles in the water. Repeat and see who can stay for the longest amount of time.

GAME 17.

GAME 18.

PUSH THE WALL

Goal: To train students in floating on front.

Equipment: None.

Number of players: Any even number.

Strategy: Players spread in shallow water, each couple together. They stand about 3 to 5 yards facing the wall. One of each couple floats towards the wall and the other one pushes their partners feet slowly towards the wall. Once they reach the wall they walk back to the starting point and switch places.

Modifications: See who can float the farthest distance. Each couple can alternate floating and pushing until they reach the other side.

GAME 18.

GAME 19.

THE FURTHER DISTANCE

Goal: To train students in floating, gliding and submerging their face up to 15 seconds.

Equipment: None (optional - kickboards).

Number of players: Any number.

Strategy: From the wall of one side of the pool in shallow water, each player pushes the wall and floats until he/she raises their head to take a breath. Repeat many times with instruction. Each time see who can go to the furthest place or distance. They can do this game with holding the kickboards too.
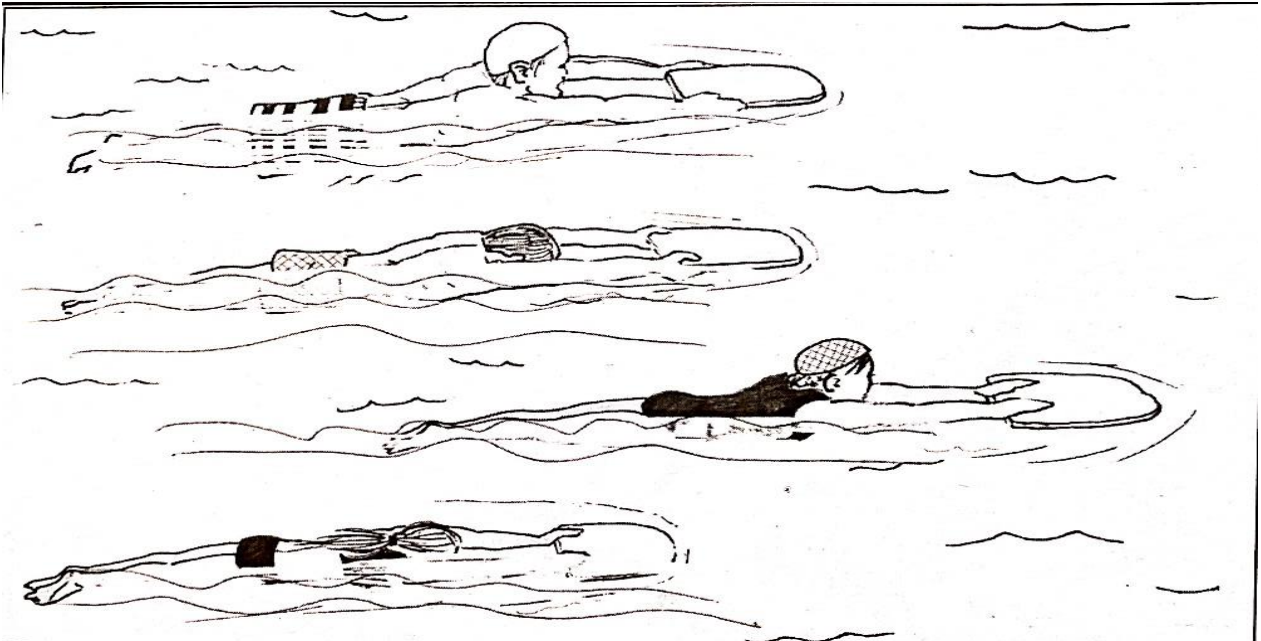
GAME 19.

GAME 20.

SUPERMAN

Goal: To train students in submerging their head, gliding and floating.

Equipment: None.

Number of players: Any number.

Strategy: Players standing against the wall and with the starting signal each one pushes the wall and tries to submerge under the surface to the furthest distance and best body position imitating Superman.
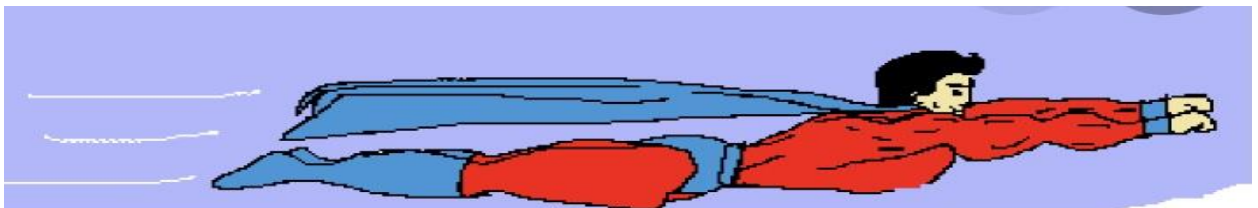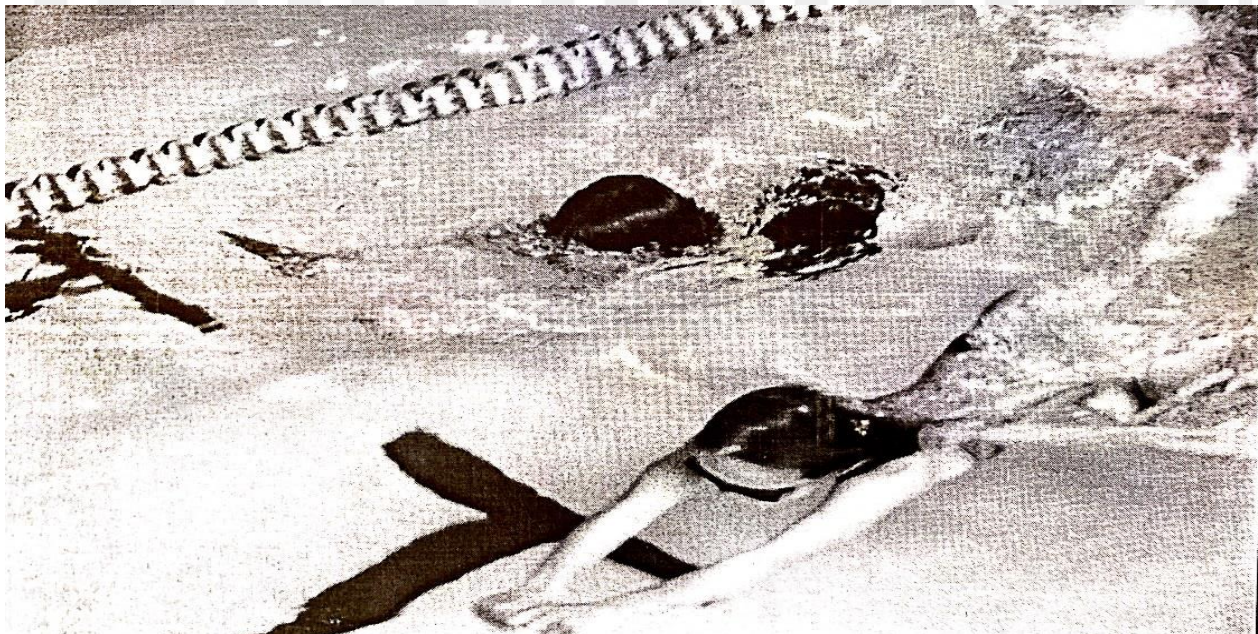
GAME 20.

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GAME 21.

DELIVERY BOYS

Goal: To train students in floating on front in chest deep water.

Equipment: None.

Number of players: Any even number.

Strategy: Students split into two teams; they stand about 5 yards from the wall in chest deep water facing the wall. One of each team is a delivery boy and the other players are the goods to be delivered. The delivery boy pushes them from the start point to the wall. Each team tries to arrive to the wall first without raising heads or walking in the water.
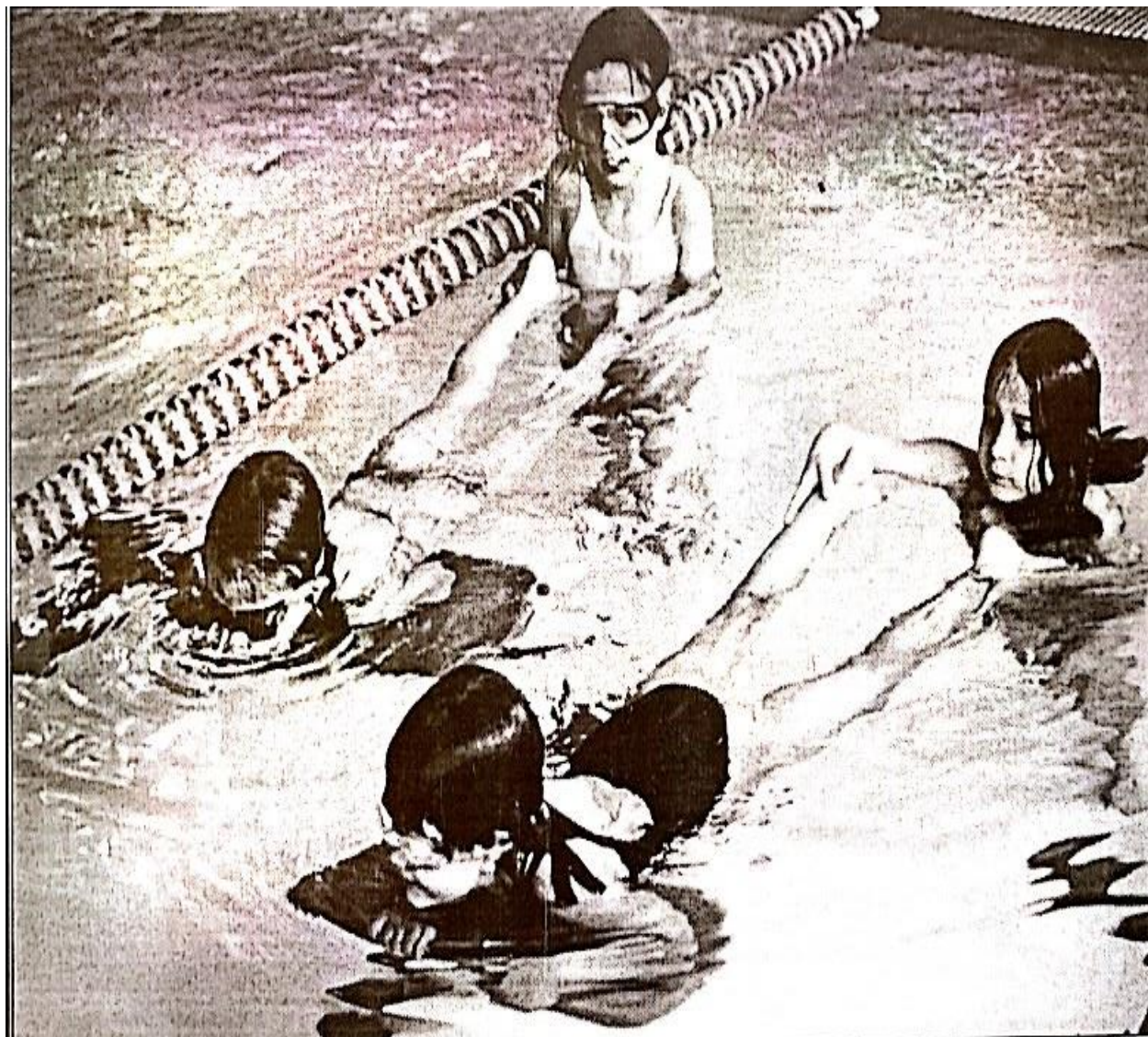
GAME 21.

GAME 22.

NUMBERS GAME

Goal: To train students in floating on front in chest deep water.

Equipment: None

Number of players: Any even number.

Strategy: Students in each team have a number. When instructor calls number 3, for example, the two players that have number 3 push the wall and float trying to get the further distance. The player that gets the furthest receives a point for their team. Instructor calls the remaining numbers and the team with more points wins.
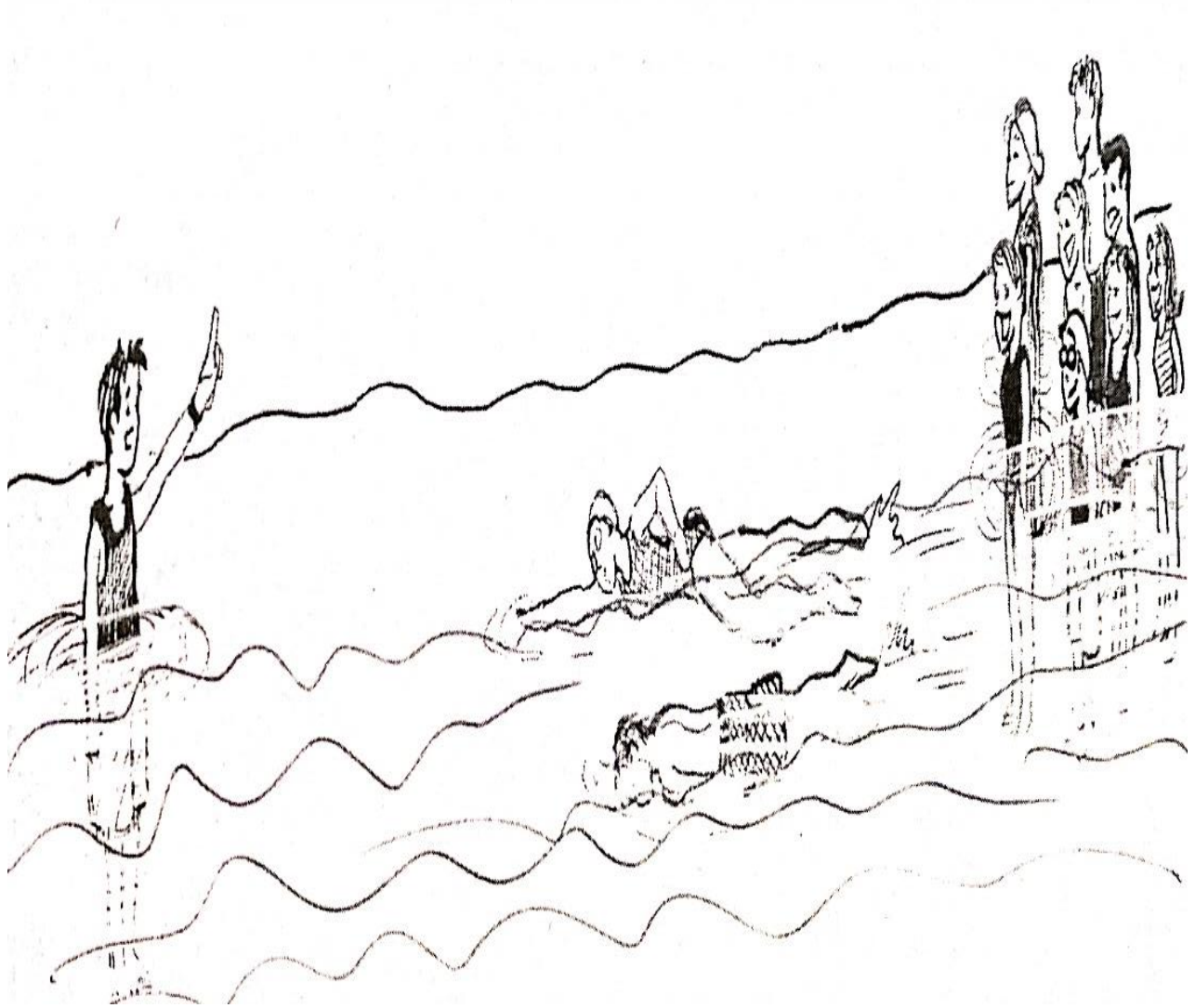
GAME 22.

GAME 23.

SLEEPING ON THE WATER

Goal: To train students to float on their backs.

Equipment: None.

Number of players: Any even number.

Strategy: Players split into 2 groups. Group one float on the back. Chain up, chest up relax arms close to the body. Each one from group two stands behind one of group one to help him/her float by putting his/her hand under the head and back of the floating partner. Then push slowly to the other side and change positions. The instructor helps all of the players to be in the floating position.

Modifications: They also can split into a few couples, one of each couple facing the wall and the second standing behind the first. Then the first floats on his back and the second supports him/her by putting one hand under the head and their hand under the back. They change places between each other, and repeat many times. Also, they can try to do the floating by themselves without support or the second player steps back to let the first player try it alone. But if the first player needs support, the second player helps him/her.

GAME 23.

GAME 24.

RELAY OF FLOATING

Goal: To train students in floating on their back.

Equipment: One kickboard for each team.

Number of players: Any even number.

Strategy: Players split into 2 teams, half of each team on one side of the shallow water of the pool and the other half on the other side. Player number 1 pushes player number 2 who is floating on the kickboard under his/her back until they reach the other side. Player number 3 pushes player number 2 to player number 4. Then player number 4 pushes player number 2 to player number 5, etc. The team that finishes first is the winner. They can do this game as many times and each time one of them is floating on their back and the rest of his/her team pushes him/her.
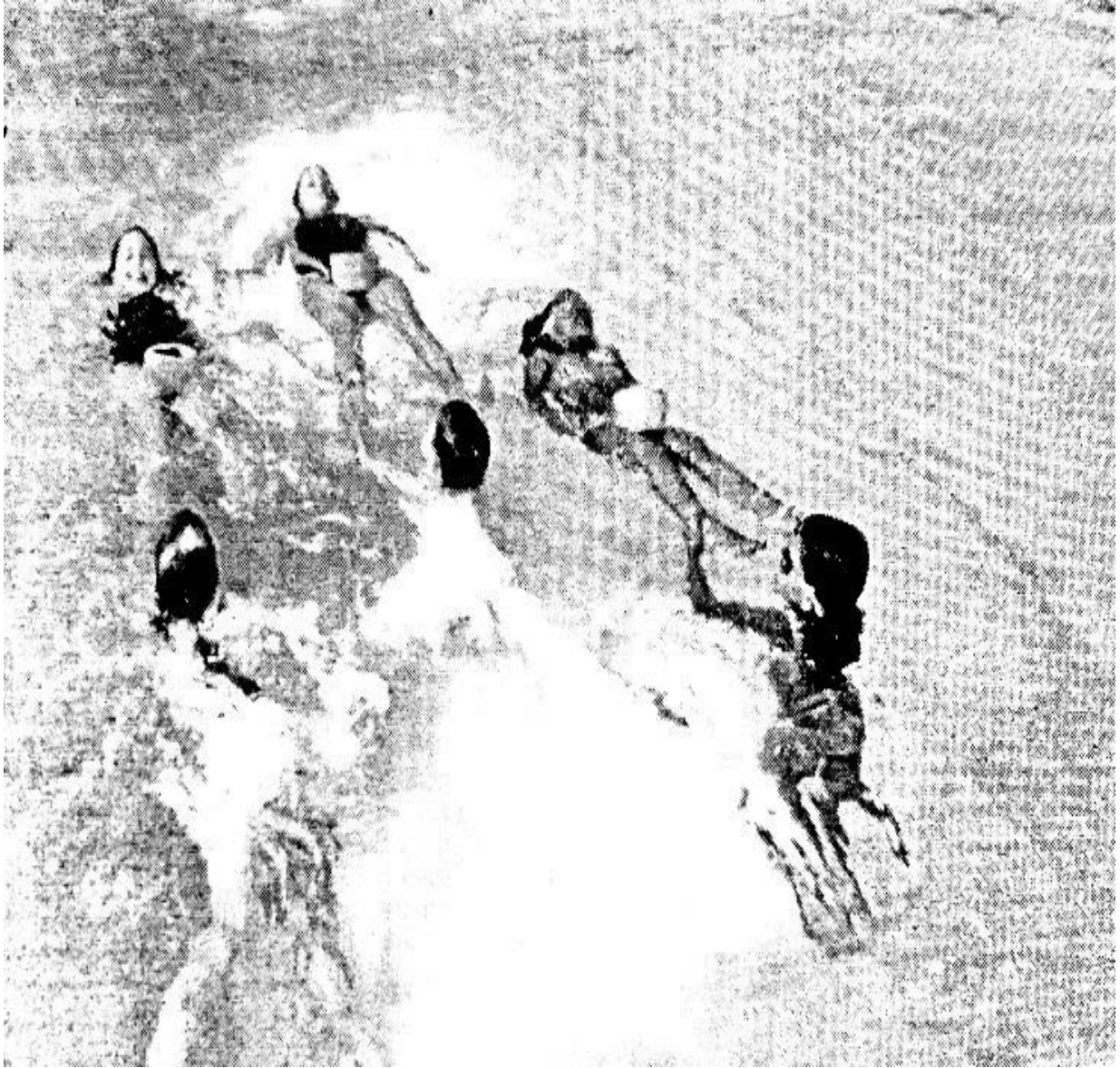
GAME 24.

GAME 25.

LET THE NOODLE HELPS YOU

Goal: To train students in floating on their back.

Equipment: Long floaters (one noodle for each player).

Number of players: Any number.

Strategy: Players float in the water on their backs, each one puts a noodle under the knees, relaxes their arms and raises their head and hips up. The instructor corrects their body positions. Each player talks to the instructor by shouting; My name is…, My age is…, My school is…, I live in…. Just for fun, all players talk at the same time. The best player who can talk clearly and float in the streamline position the longest wins.

Modifications: Students can push the wall until they stop moving. Also, they can push the bottom to continue moving.
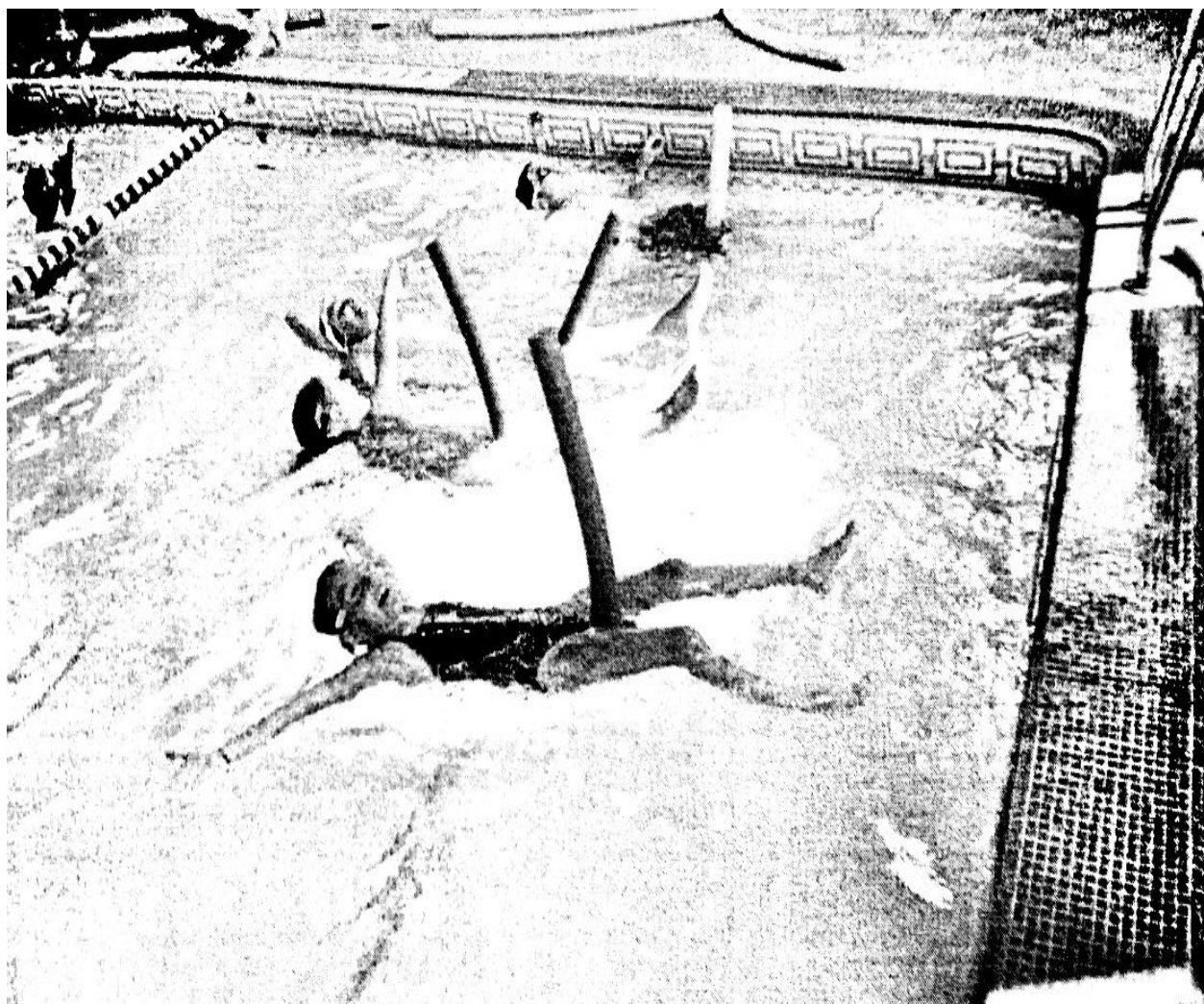
GAME 25.

GAME 26.

NOISY COUNTING

Goal: To help students feel more comfortable in the water by breathing and talking while floating on their backs.

Equipment: None.

Number of players: Any number of players.

Strategy: All players stand in the shallow water area facing the instructor. They put their heads back and begin to float. While they are on their back floating, they call out numbers loudly: 1-2-3-4-5... The winner is the one who can call out the most numbers loudly and clearly while floating.

GAME 26.

GAME 27.

PUSH AND FLOAT

Goal: To train students to float on their backs by pushing off the bottom of the pool and gliding to the other side.

Equipment: None.

Number of players: Any number.

Strategy: Players stand in the shallow end of the pool. Lean back and push off the bottom of the pool until player floats. Gliding across the pool pushing off from the bottom as many times as necessary. The one who glides the farthest is the winner.
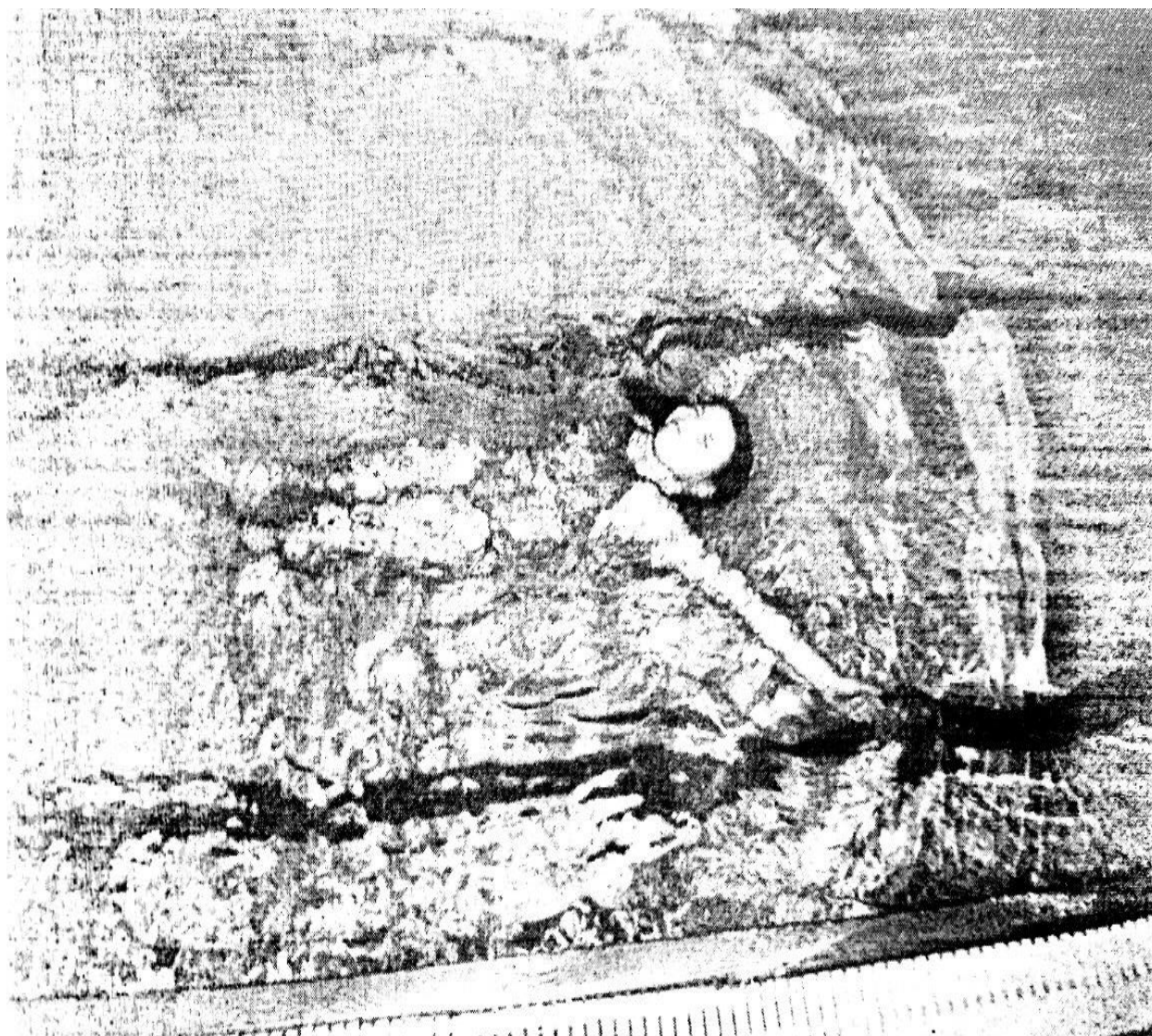
GAME 27.

GAME 28.

WHO'S FURTHER?

Goal: To train students to glide on their backs across the pool.

Equipment: None.

Number of players: Any number.

Strategy: Players stand in the water facing one side of the pool. One-by-one they push back until each player is floating with their arms either extended over their head or next to their body. The one who glides the farthest is the winner.

GAME 28.

GAME 29.

THE BEST COUPLE

Goal: To train students to float on their backs in a straight line.

Equipment: Kickboards.

Number of players: Any even number (6-12 players).

Strategy: Players stand in the shallow area of the pool Each player chooses a partner and has one kickboard a team. Team member one floats on his/her back with the kickboard over his/her head. team member two stands at team member one's feet and pushes player 1 as far as possible in a glide across the pool the team who glides the farthest wins.

GAME 29.

GAME 30.

GLIDING ROUND TRIP

Goal: To train students in floating and gliding on their backs.

Equipment: None.

Number of players: Even number on each team.

Strategy: Players split into two teams with at least 4 players on each team. The first player of each team floats on his/her back and glides until he/she stops moving.   The second player follows and pushes the first player until he/she is across the pool.   Then the third player pushes the second. Then the fourth player pushes the third player... Until all the players have crossed the pool in both directions. The team which finishes two widths (roundtrip) is the winner.   The teams can repeat this game several times and decide who wins 3 out of 5 or 5 out of 7.
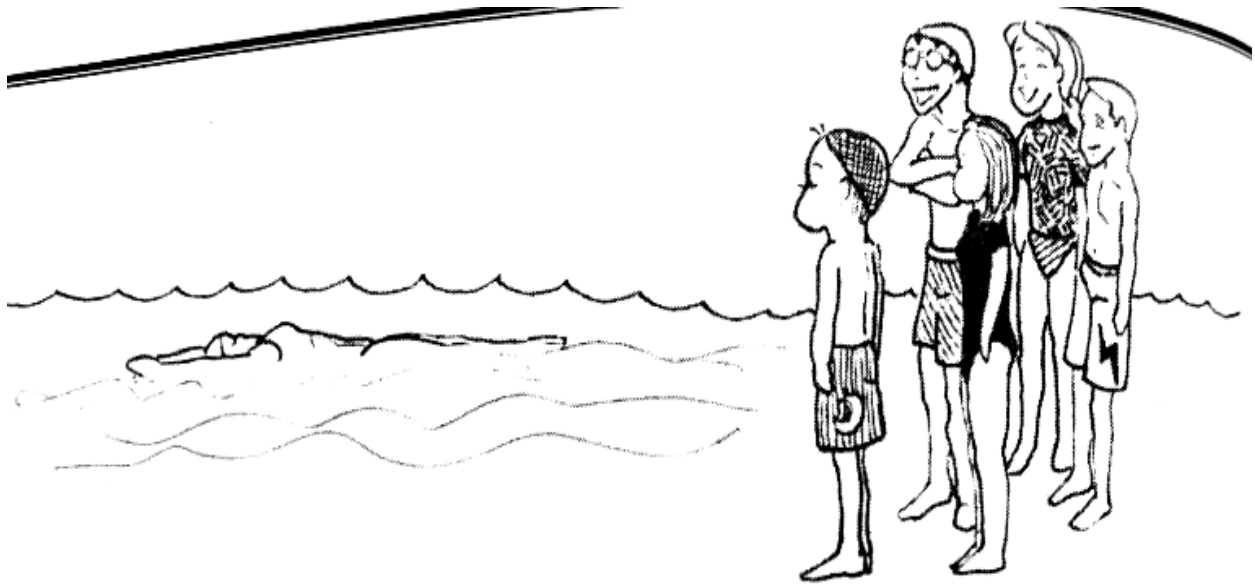
GAME 30.

GAME 31.

CHAIN OF GLIDING.

Goal: To train students in the feeling of floating on their back and gliding in a streamline position.

Equipment: None.

Number of players: Any number.

Strategy: Players stand against the wall of the shallow end of the pool. The first one of the rows pushes the wall and makes the streamline position and glides on their back. Then each one of the players pushes him/her until they finish the width of the pool. Then the first player walks to the end of the row while the second one makes a glide and other players push him/her, and so on. Every player walks to the start side until everyone finishes one wide float and one wide walk with pull or push for the floating players. Like a chain of floating and walking.

GAME 31.

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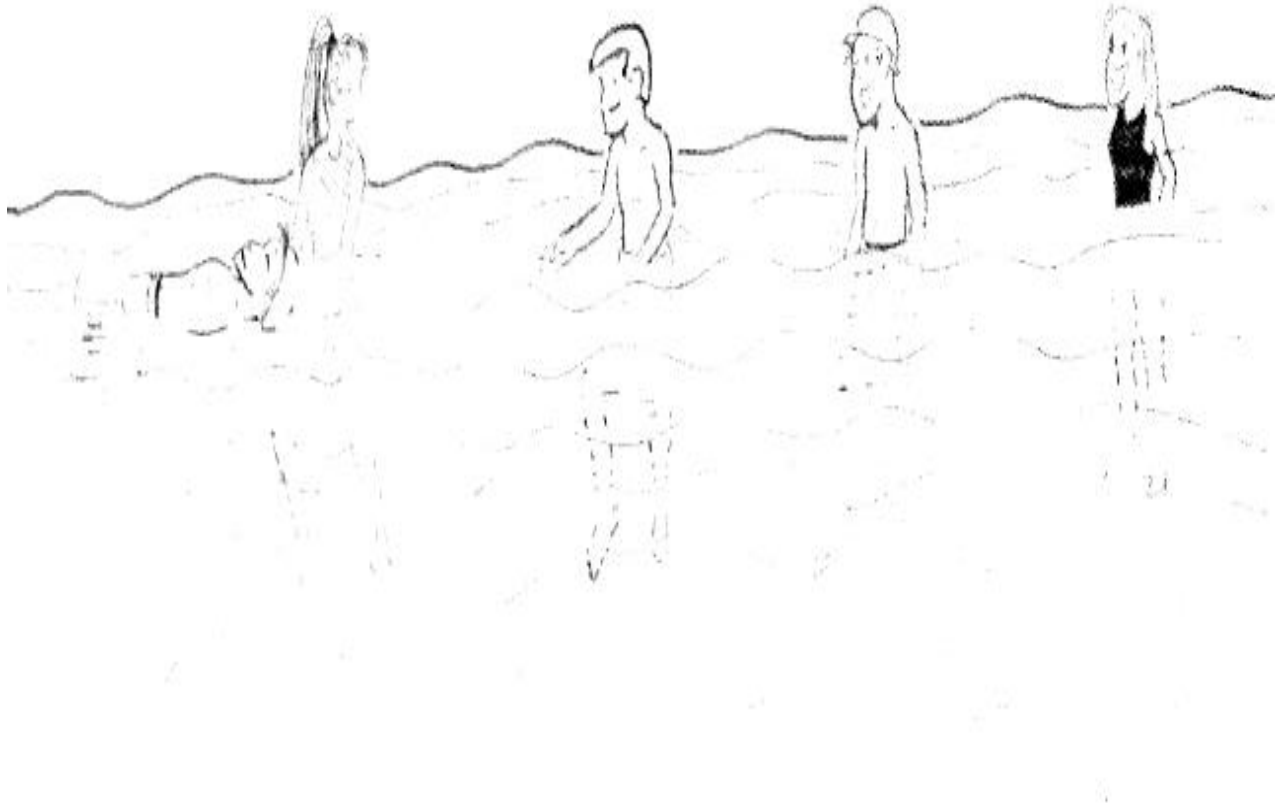
GAME 32.

WHO IS FASTER?

Goal: To train students to kick in a freestyle mode.

Equipment: Kickboards.

Number of players: Any number.

Strategy: Players stand against the wall in chest deep water holding kickboards. At the starting signal, each student puts his/her face into the water and pushes off the wall using the freestyle kick. Each student uses rhythmic breathing (putting head in the water and exhaling and then raising it to inhale). The winner is the student who reaches the other side first using all the correct movements.
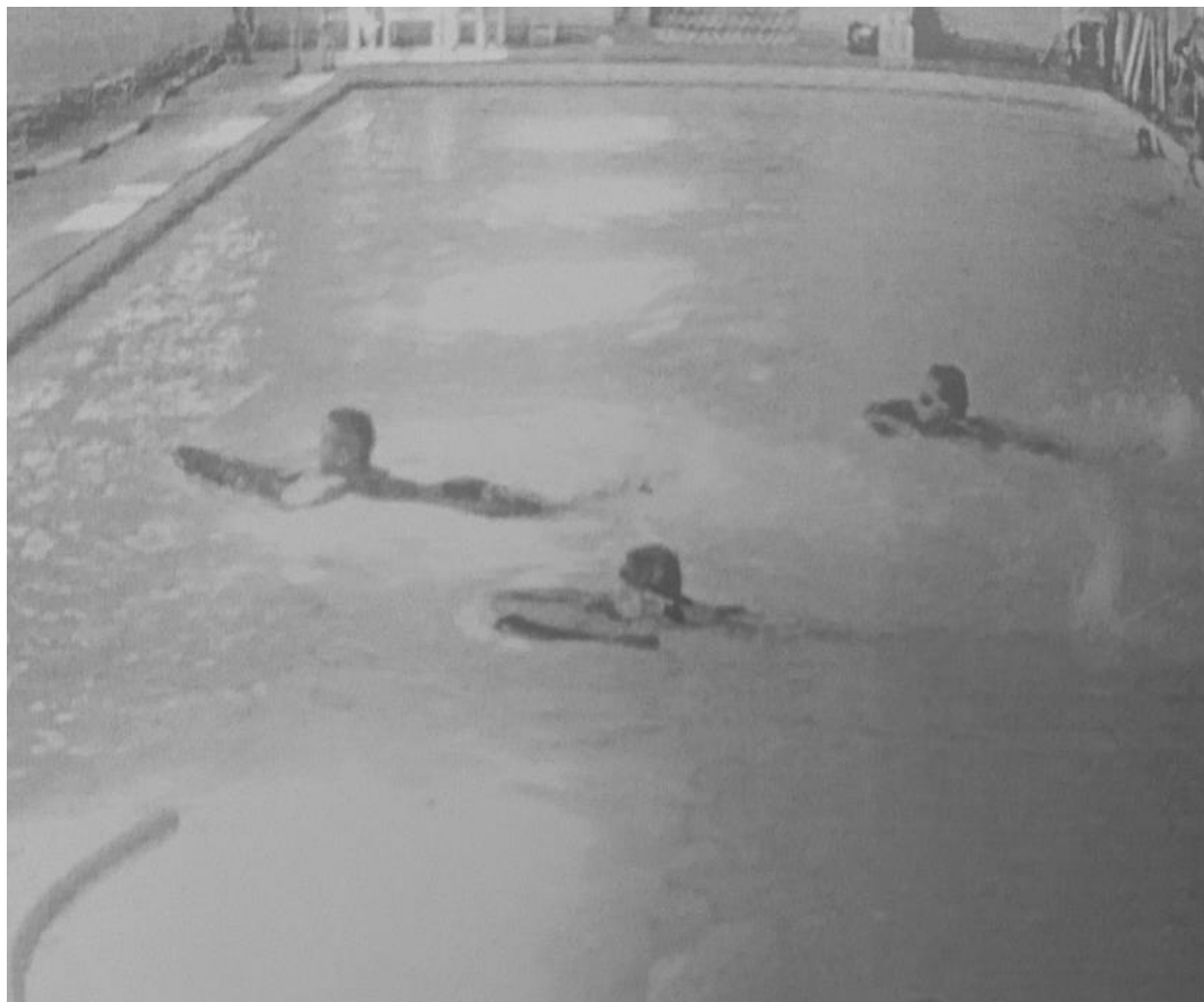
GAME 32.

GAME 33.

KICKING RELAYS

Goal: To train students in kicking freestyle.

Equipment: Two kickboards.

Number of players: Any even number.

Strategy: With starting signal, the first player of each team tries to cross the swimming pool very fast by kicking freestyle to give his or her kickboard to the second partner on the other side. The second player takes the board and crosses the pool again to give the board to the third partner on the other side, etc. Until all players have crossed the pool. The team that finishes first wins. Repeat 3 or 5 times for a 2 out of 3 or 3 out of 5 wins.
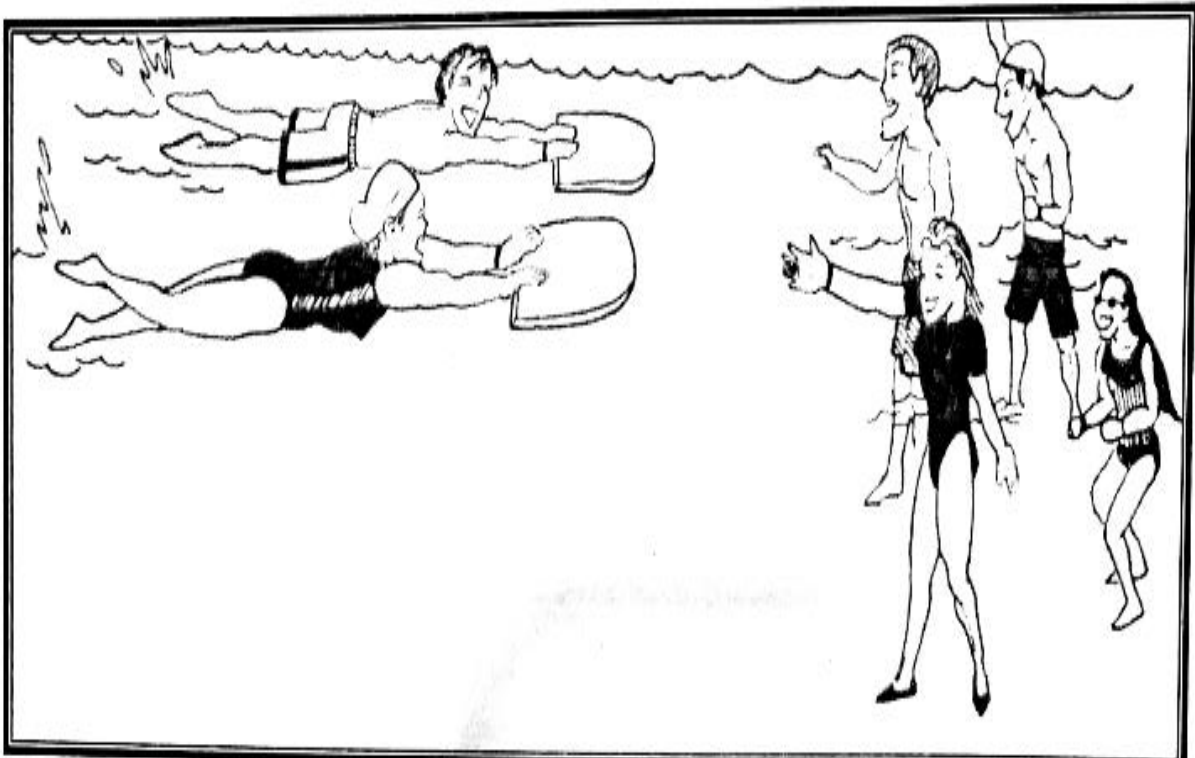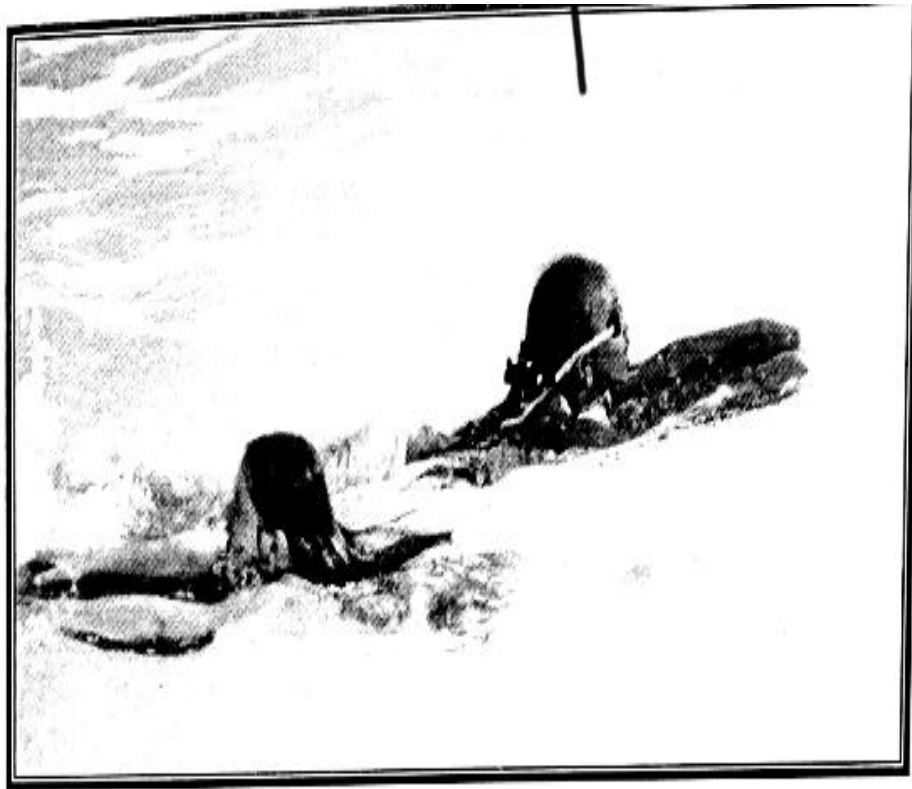
GAME 33.

GAME 34.

TOUCH MY HANDS

Goal: To train students in kicking freestyle.

Equipment: None.

Number of players: Any even number (12 players).

Strategy: Students stand against the wall in two teams, one team on each side. Six players on each team. Each player on each team has a number from 1 to 6. When the instructor calls number 1, the two players that have number 1 push the wall and kick very fast to touch the instructor first. The player who touches the instructor first receives a point for their team. Repeat for all numbers. The winning team has the most points.
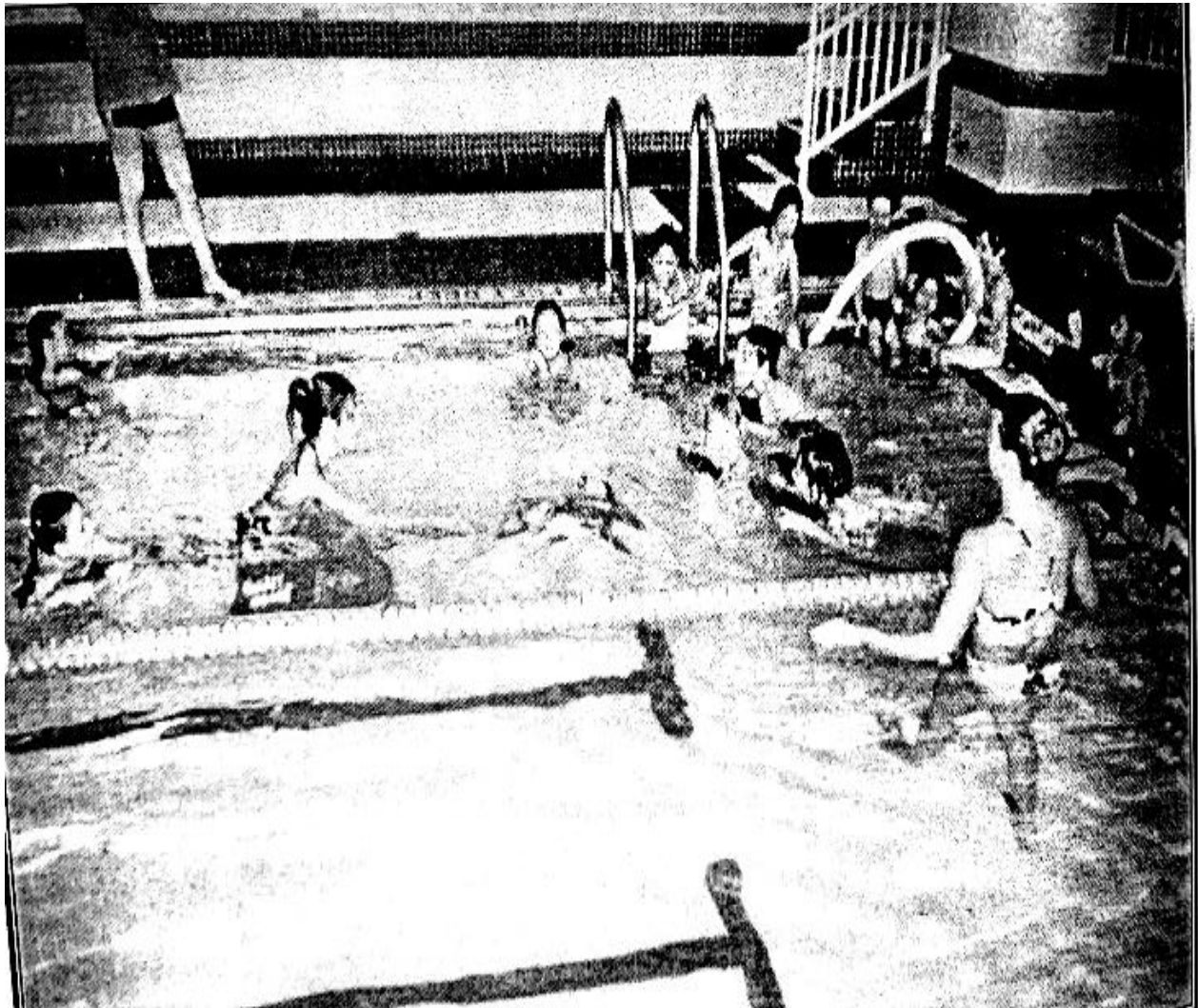
GAME 34.

GAME 35.

UPBEAT – DOWNBEAT

Goal: To train students in kicking backstroke.

Equipment: None.

Number of players: Any number.

Strategy: The instructor and players sit on the edge of the pool. Players try to imitate him/her. The instructor then moves his/her legs very straight and very slow one upbeat and the other downbeat to show them the kick action. First very slow, then faster and faster. First very high, then lower and lower. First the legs very far apart, then closer and closer. Also, first on the edge (in the water and show them the real action in water (from the sitting position on the edge of the pool). The instructor gives them the instruction to correct their action for upbeat and downbeat kicks in every air.

Modifications: They stand in the water facing the wall, every two players together. The first player makes floating and kicking and the second supports or assists his or her head. Also, they can do the backstroke kicking together by pushing the wall as a race to specific distance.

GAME 35.

GAME 36.

SHIPS IN THE OCEAN

Goal: To train students in kicking backstroke.

Equipment: Kickboards.

Number of players: Any number.

Strategy: Players face the wall and hold the kickboards up. Then they move their arms straight backwards to float on their backs and start kicking the water upbeat-downbeat to cross the pool. Making sounds Like the ships in the ocean.

Modifications: They can cross the pool as a race, whether among all of them together, between each couple or in groups.

GAME 36.

GAME 37.

LET'S DO FORMATIONS

Goal: To train students in kicking backstroke.

Equipment: Kickboards.

Number of players: Any number.

Strategy: Players practice backstroke kicks by crossing the width or length of the swimming pool in these formations: For instance, "Group of 9 players".

Modifications: Instructor can repeat each formation many times. They can also do a race between each couple or groups of players. With continuing correction of the body position and kick action.

ONE LINE · WAVES · ARROWS · ARROWS · WAVES · CIRCLES · FOLLOW · Zig - Zag
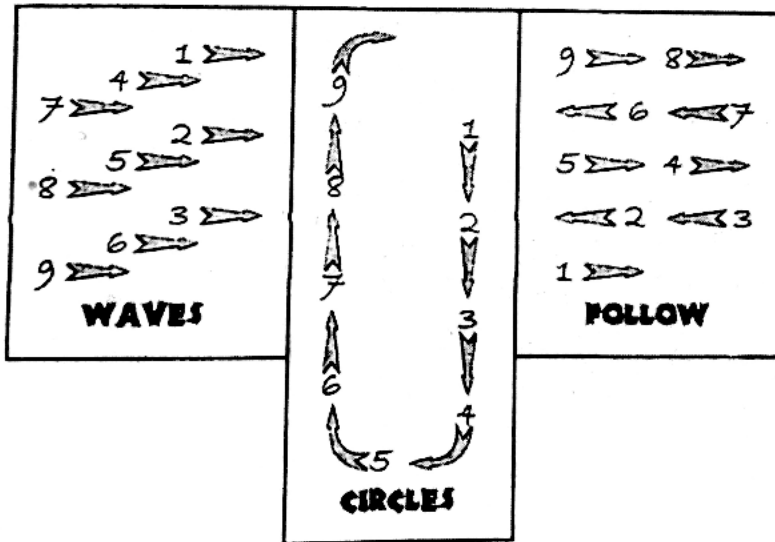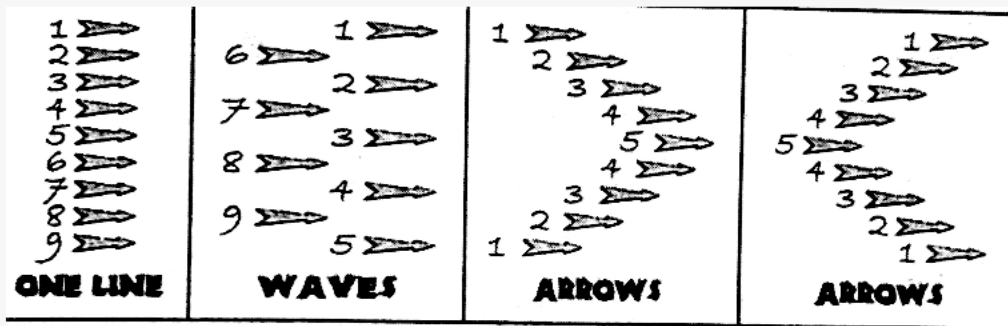
GAME 37.

FIN RACES

Goal: To train students in kicking backstroke.

Equipment: Appropriate fins.

Number of players: Any number.

Strategy: The instructor divides the players into groups. Then makes races among groups in kicking backstroke by using fins. For example, one width or one length, then two widths or two lengths.

GAME 38.

GAME 39.

ARMS IN THE AIR, ARMS IN THE WATER

Goal: To train students in alternating arm action on front.

Equipment: Goggles.

Number of players: Any number.

Strategy: Players stand out on the edge of the pool and try to do four freestyle arms slowly and very straight while they bend their torso and their faces down with instructor's count from 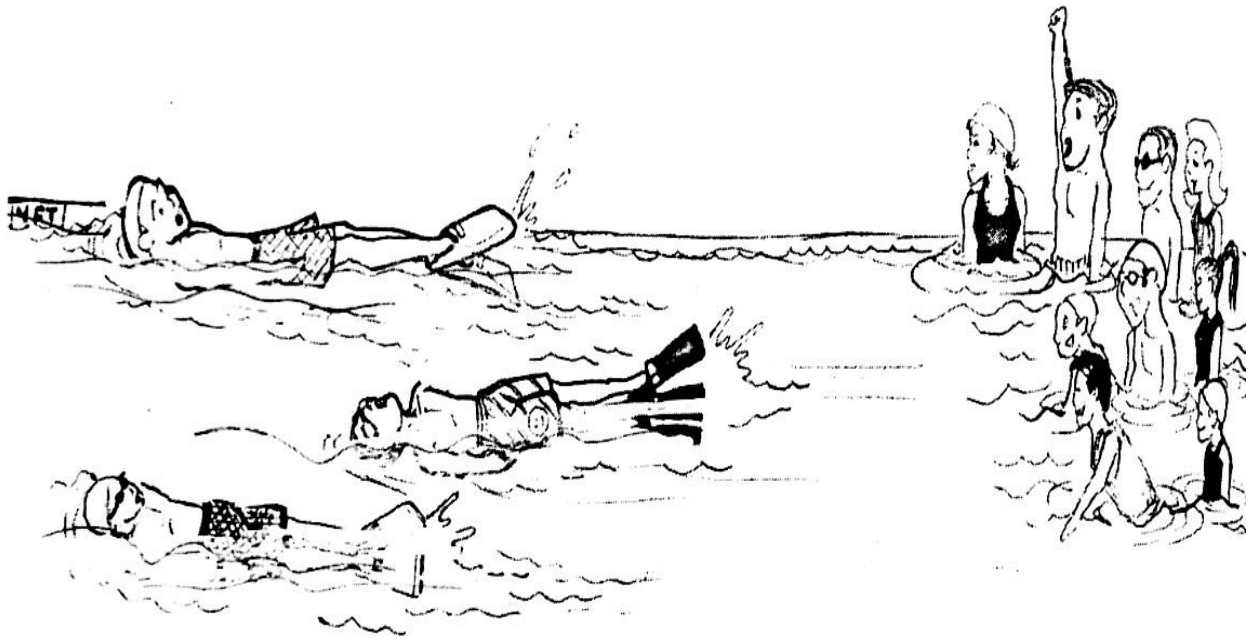one to four, using rhythm very slowly. The instructor corrects their arm positions and actions. They also can look to their shadow to know how to pull the water correctly. All this with holding their breath and exhaling breath. In this action, it is very helpful if the students use appropriate goggles to encourage them to put heads down and open their eyes. Also, to hold the long hair which sometimes some students have. Then they will do the same action in the water from standing, then from walking, then from floating and gliding to see the best one or the player who goes the farthest of their group.

GAME 39.

GAME 40.

ROWING ON THE BOARD

Goal: To train students in alternating arms action on freestyle.

Equipment: Kickboards or big floater boards if possible or even workout floating mat.

Number of players: Any number.

Strategy: Players float on the board, 2 or 3 players each, against the wall and try to cross the side of the chest deep water area by pushing the wall and floating on the board. Using their arm stroke like a row to cross the width of the shallow area first. Each group of 2 or 3 players tries to race from side to side. Instructor can repeat this game many times with correction. Also, they can make a race between the first player of each group, and between the second and the third.
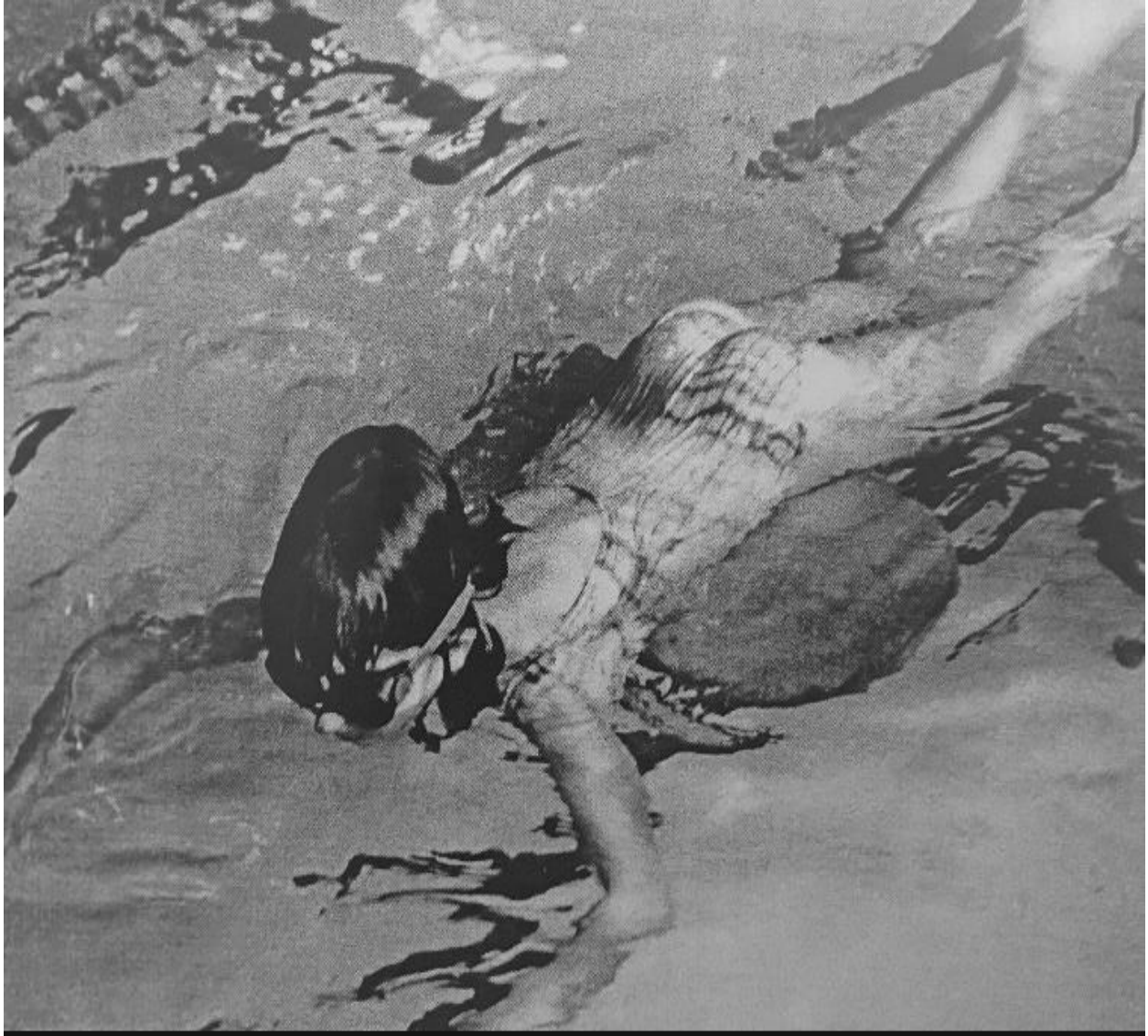
GAME 40.

GAME 41.

PULL THE ROPE

Goal: To train students in pulling water under their bodies.

Equipment: Rubber ropes between the two sides on the water surface.

Number of players: Any number.

Strategy: The instructor hangs two rubber ropes between the two ends of the shallow water. Students float above the rope, catch it by one hand, and push the wall. They try to do a few crawl arm strokes by holding their breath and pulling the rope under their bodies until they need a new breath. Then they stand up to take a breath and repeat the floating and arms action for another few strokes.

Modification: They can repeat this action by pushing the wall and swimming using arms and kicking. The instructor corrects the arms action underwater and the recovery out of the water.

GAME 41.

GAME 42.

LONG BREATH OR LONG DISTANCE

Goal: To train students in combined kick & arm on front.

Equipment: None.

Number of players: Any number.

Strategy: Students stand against the wall in chest deep water on one side of the shallow area. Then they float and push the wall to swim to the furthest distance they can reach, without breathing, putting their faces down and holding or exhaling their breath underwater. The player that can go the farthest distance is the winner.
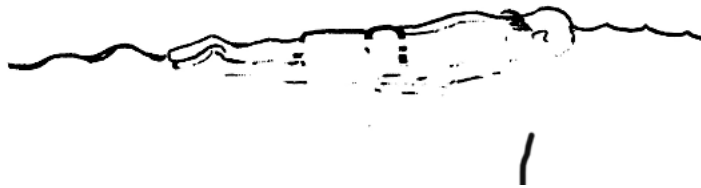
GAME 42.

GAME 43.

CHICKEN CROSS THE POOL

Goal: To train students in combined kick and arm on front.

Equipment: Kickboards.

Number of players: Any number.

Strategy: Players stand against the wall, holding the kickboard in one hand and the other arm should be free. Then they push the wall to cross the pool by kicking and using the free arm. They imitate a chicken wing by raising the free arm elbow high and through their bodies by their thumbs. They enter the water and glide their arms underwater until they are straight. Then they begin another arm stroke. The instructor corrects their entering and teaches them to be slower and not to splash as much as possible. When they cross the pool, they change arms.

Modifications: They can also cross the pool by using their right arm one side and their left arm on the other side.

GAME 43.

GAME 44.

SLOW MOTION

Goal: To train students in alternating arm action on back.

Equipment: Floaters.

Number of players: Any number.

Strategy: Instructor intentionally concentrates on the correct action of the backstroke arms by taking two swimmers and making a race from side to side. Concentrate on the action by lifting the shoulder up and straightening the arm and little finger entering the water first and the thumb and two fingers exiting first. Using floaters in their legs and no kicks allowed.
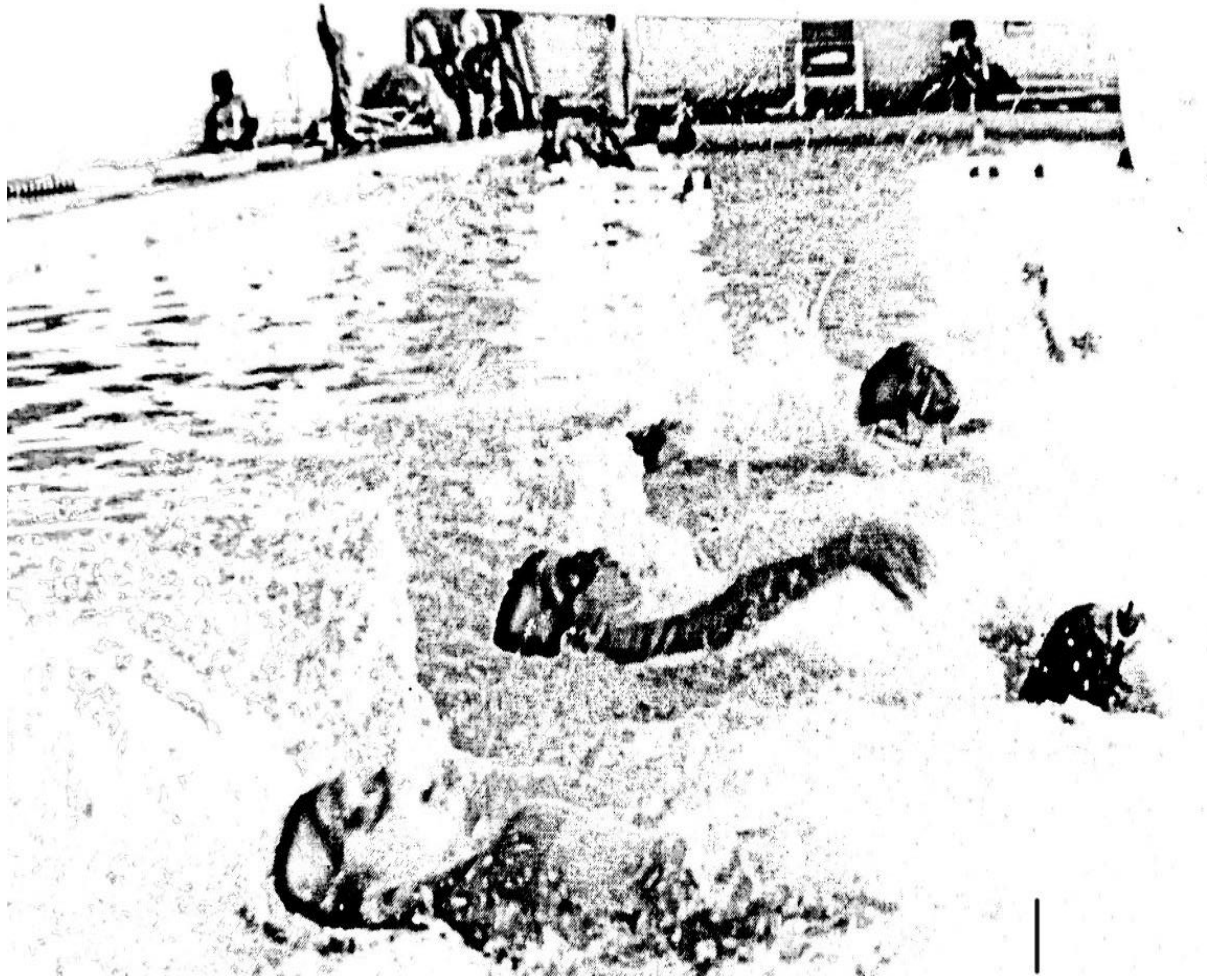
GAME 44.

GAME 45.

PULL THE ROPE – UPS

Goal: To train students combined kick and arms on back.

Equipment: The lane rope and floats.

Number of players: Any number.

Strategy: The players stand in a row at the end of the pool. The first player floats on their back, holds a float in their left hand, and tries to straighten their right arm up and catch the rope then pull the rope. They use the right arm when they go and the left arm when they return. Modification: Also, they can use their kicks during the arm pull action.

GAME 45.

******** 100 ********

GAME 46.

ONE ARM PULL UP

Goal: To train students combined kick and arm on back.

Equipment: Floaters.

Number of players: Any number.

Strategy: Players can train in the deep water on this skill by wide or by length. They hold the edge of the pool (facing the wall) with their left hand and hold a floater in their right hand. Then they push the wall to float on their backs and pull the water by using only the free hand (left hand). They can use their kicks to move and reach the end of the pool. Then, they change and return by holding the floater in their left hand and swim backstroke using their right hand.

GAME 46.

GAME 47.

ROWING ON THE BOAT

Goal: To train students in combined kick and arm action on back.

Equipment: Big floater boards if possible (or kickboards).

Number of players: Any number.

Strategy: Every 2 players ride a big board and lie on their backs. Then they use the outer arms to swim one arm backstroke to cross the swimming pool. They use the other arm when they cross the pool to the other side.

Modifications: The instructor can make races among the couples to see who is the winning couple.
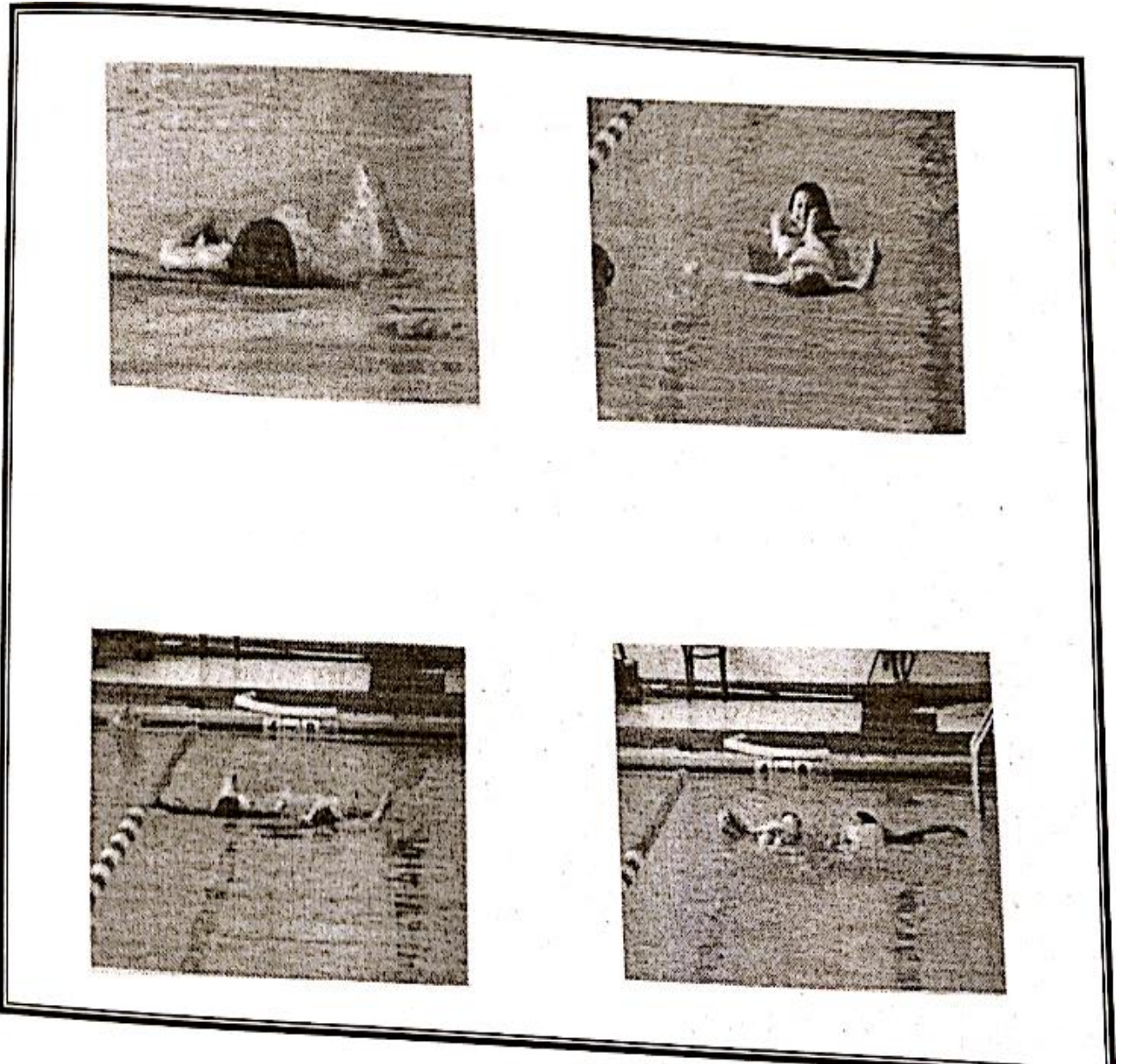
GAME 47.

GAME 48

CARGO SHIPS

Goal: To train students in combined kick and arm action on back.

Equipment: Kickboards and floater.

Number of players: Any even number.

Strategy: Players split into two teams. They stand in the shallow area of the pool on the right side and on the left side there are many floating objects on the other side. When the instructor gives them, the beginning signal all players swim backstroke to the other side, carry any single object between their legs and swim backstroke to the starting point to put this equipment on the edge and return to take another object, and so on. Until the time of the game is finished or until all the objects are on the other side of the pool. Then the instructor counts the objects and the team with the highest amount wins.
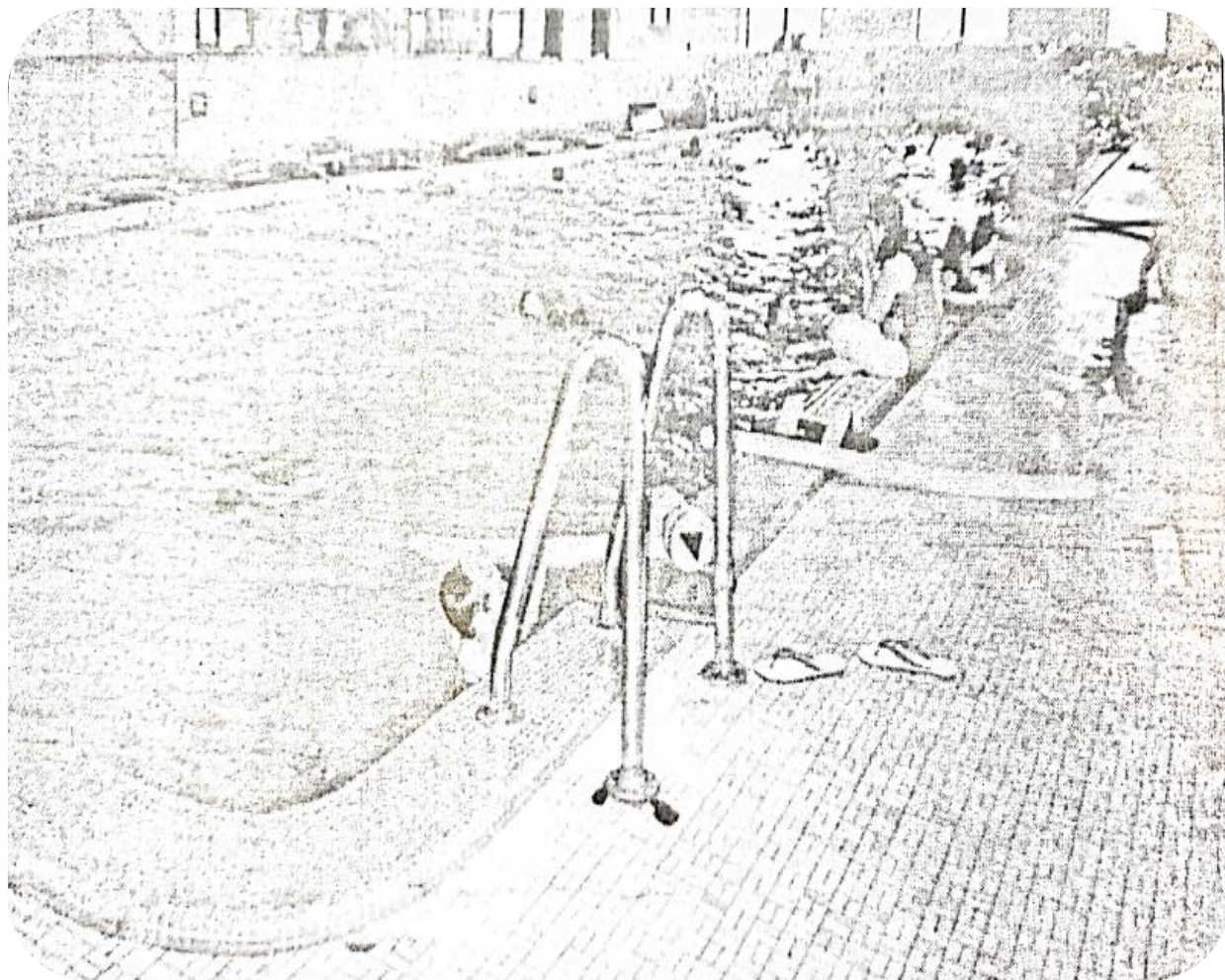
GAME 48.

GAME 49

I WILL CATCH YOU

Goal: To train students in jumping into the pool from the side – feet first, with assistance from the Instructor.

Equipment: None.

Number of players: Any number.

Strategy: Players sit on the edge and the instructor is in the pool. One-by-one with assistance from the instructor, players try to jump into the water feet first, by holding the instructors' hand. The instructor takes one step backward and the players, one-by-one, jump into the water and the instructor catches him or her. Finally, the instructor takes a few steps back and players, one-by-one, try to jump independently.

GAME 49.

GAME 50.

CATCH AND JUMP

Goal: To train students in entering the water by jumping feet first in chest deep water from the side of the pool.

Equipment: Some racket balls.

Number of players: Any number.

Strategy: Instructor stands in the middle of the shallow area and throws the racket ball to one player who is standing on the deck of the pool. The player jumps in the water after catching the ball. The instructor throws another ball to another player. Each player that caught the ball throws the ball back to the instructor and quickly tries to get out of the pool to return to his or her place. Repeat this game many times.
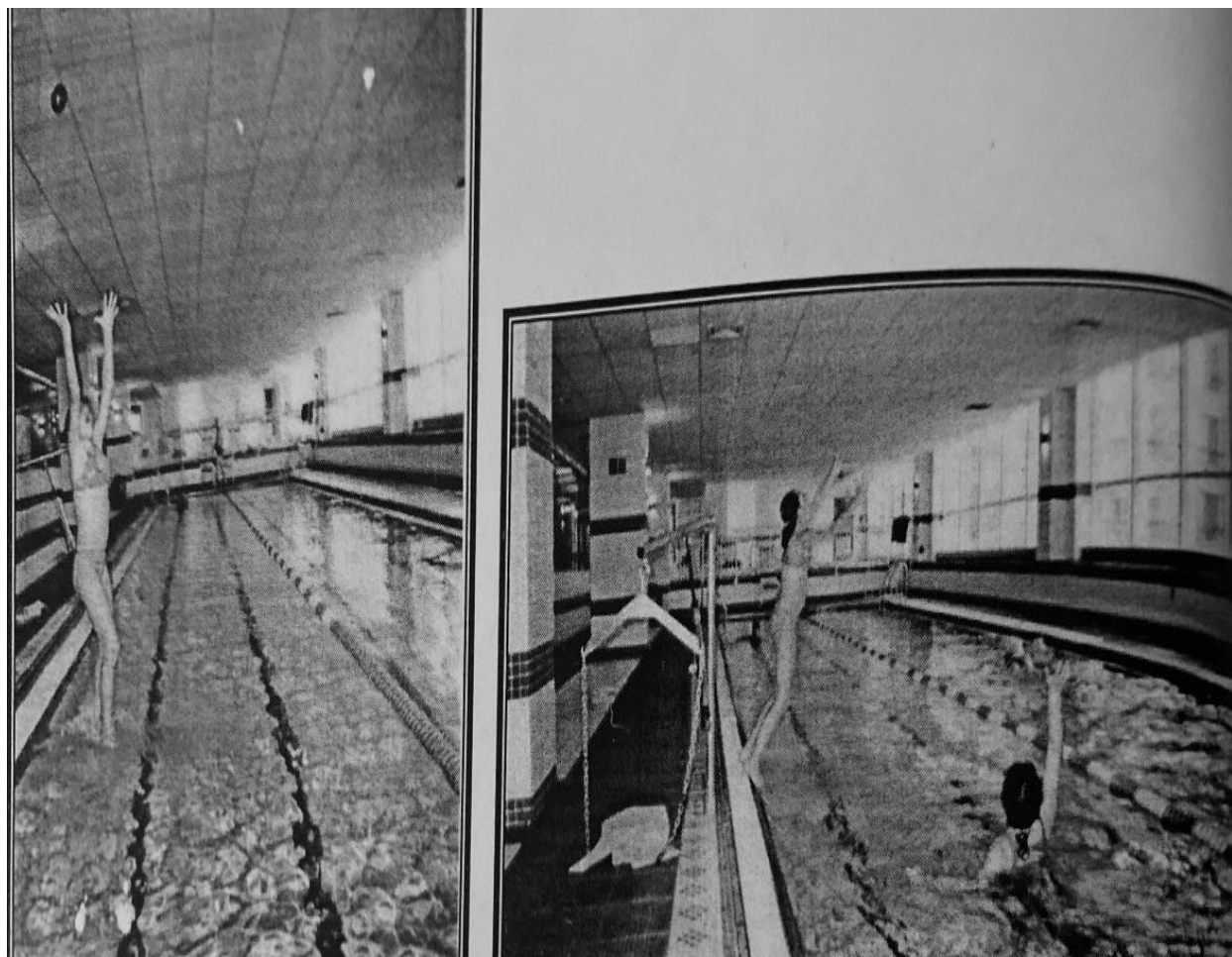
GAME 50.

GAME 51.

JUMPING IN THE CIRCLE

Goal: To train students in jumping into the water from the side of the pool.

Equipment: Some plastic floating circles on a rope.

Number of players: Any even number.

Strategy: From one side of the chest deep water the instructor sweeps the rope out onto the water which has five circles on it. The first team who is standing on the pool deck tries to jump into the circle. Then the instructor returns the circles on the water to start with second team the same game. Each time, the instructor counts how many players jump into the circles from each team.

Modifications: Also, the instructor can move the circles and the rope farther from the edge each time.

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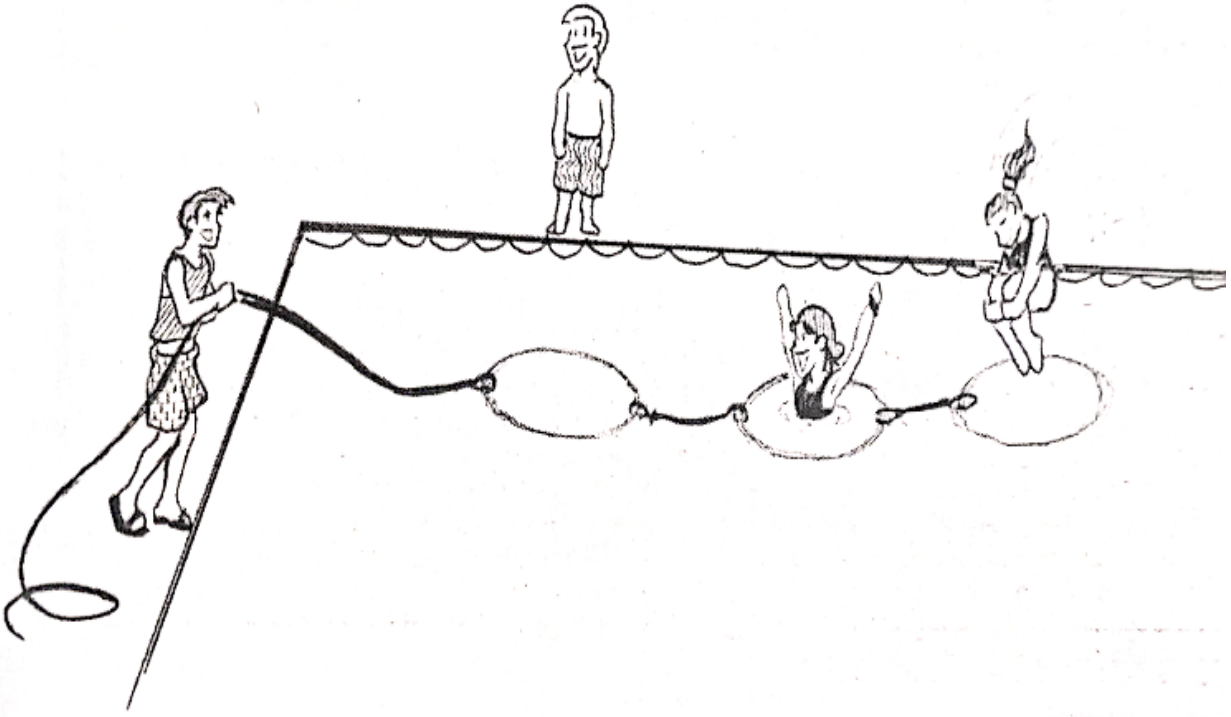
GAME 51.

GAME 52.

FLYING, FLYING

Goal: To train students jumping Compact and Kneeling from the side.

Equipment: None.

Number of players: Any even number.

Strategy: Split students into two teams, standing on the side edge of the chest deep area and listening to instructor. when the instructor says "compact" one player from each team jumps very quickly. The winner player who jumped compact or the faster compact jump returns to his or her pace. The not winner who jumped kneeling or not the faster compact sits out. Instructor repeats this game many times trying to confuse the players between kneeling and compact jumps. The team with more players or the only players left wins. The instructor repeats this game and counts which team wins 3 times first.
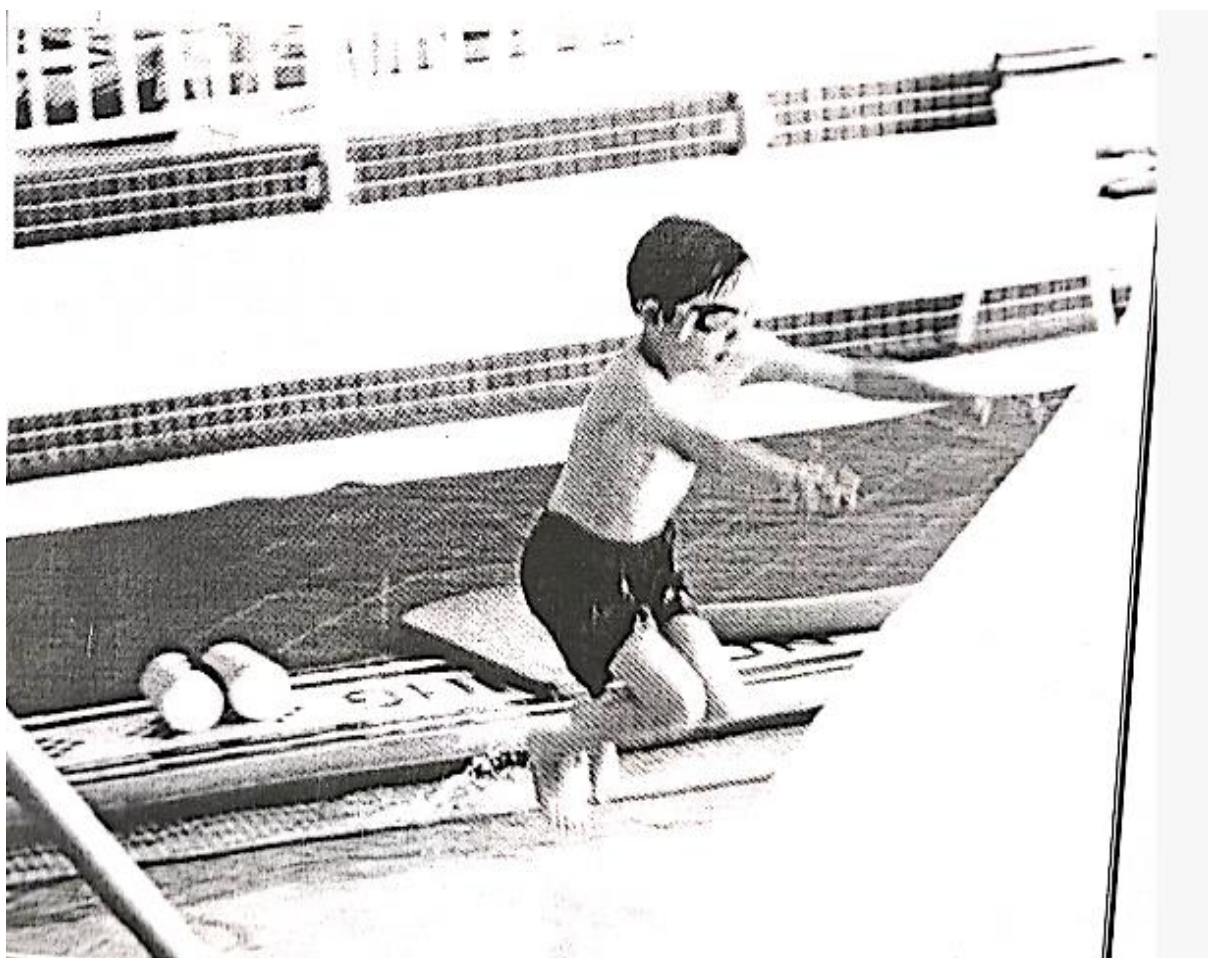
GAME 52.

GAME 53.

SWEEPING THE POOL

Goal: To train students in exploration the deep water.

Equipment: Kick-boards.

Number of players: Any number.

Strategy: Explore the deep water from the ladder and push the wall to go to the other side kicking the wall. Then Instructor spread some kickboards in the pool in case some players feel tired. Each player tries to push the kick board to the side.

Modifications: Instructor can split students into two teams, one team in each side, then he/she throw a lot of kick boards in the middle in the deep side between the two teams, then with the signal, all players get in water and try to push as many as kickboards to their side on the deck, the winner team who has more kickboards.

GAME 53.

GAME 54.

ZIG ZAG HORSES

Goal: To teach students to explore deep water using noodles.

Equipment: Noodles.

Number of players: Any number.

Strategy: The instructor enters the water from the shallow end and all the players follow him/her. The instructor rides a noodle like a horse or under his/her arm, and all players follow. The instructor moves zigzag in the water, starting from the shallow end to the deep end. And the students follow.

Modifications: Also, the instructor can go with one-by-one in the deep area the first time, then they can swim as a group in deep water later.

GAME 54.

GAME 55.

SHRIMPS IMMIGRATION

Goal: To train students to move in deep water.

Equipment: None.

Number of players: Any number.

Strategy: Players enter deep water from the side by holding the edge of the pool one after another. Then one-by-one swims close to the wall. Whatever he or she wants to hold the wall in the deep end. Any swimmer can hold the wall anytime then leave it to swim as far as they can. Back and forth for many times. With more encourage from instructors.

GAME 55.

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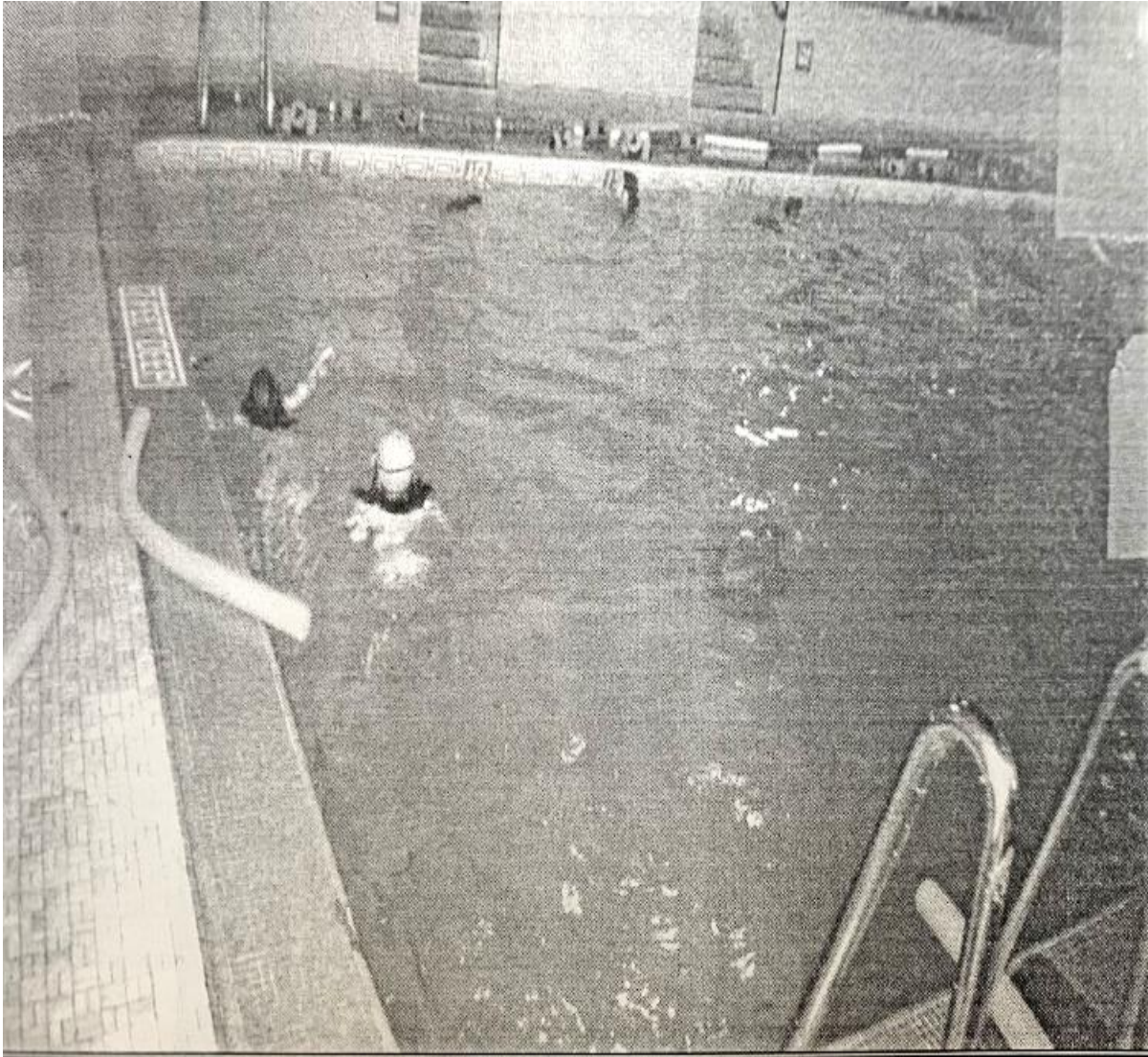
GAME 56.

THE BRIDGE

Goal: To train students in treading deep water and moving through

Equipment: Noodles.

Number of players: Any number.

Strategy: The instructor holds the noodle with one hand on the water surface and the edge, like a bridge. Players stand by the edge of the deep water and hold the edge. Each player tries to tread the water from one side of the noodle, under the bridge (noodle) to hold again the edge of the other side of the noodle.
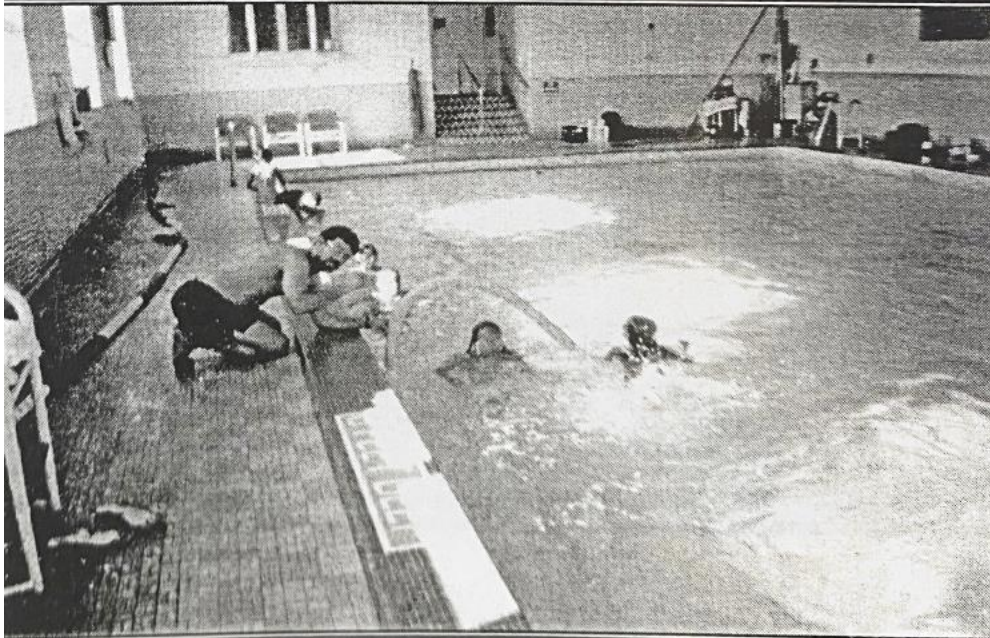
GAME 56.

GAME 57.

THE HERO

Goal: To train students in treading deep water.

Equipment: None.

Number of players: Any number.

Strategy: Players enter the deep water together from the side in the first lane of the pool and try to stay for the longest time without holding the wall or the lane line. The winner is the player who can stay for the longest amount of time.

GAME 57.

GAME 58.

BIG-BIG-BALL

Goal: To train students in treading, exploring and moving in deep water.

Equipment: Big floating ball.

Number of players: Any even number.

Strategy: Players split into two teams. Each team takes one side of the deep end water. Players try to move the ball to reach the opposite edge of the pool to be a goal. So, the team that has the ball tries to attack the other team who doesn't have the ball. The team who makes the most goals in a set time is the winner.

GAME 58.

GAME 59.

FISHERMAN

Goal: To train students how to tread water in the deep end of the pool.

Equipment: Rescue stick hook.

Number of players: Any number.

Strategy: Players enter the deep water holding the edge. One-by-one the players tread water very close to the wall. Then instructor starts game by trying two or three players together to stay for a long time treading the water. Anyone that holds onto the stick or the wall will exit the game, like catching a fish. The fish that doesn't get caught, the player that stays for the longest time wins.

GAME 59.

GAME 60.

CARGO RACES

Goal: To train students how to reverse direction from swimming on back to front and from front to back.

Equipment: Floating objects (noodles, kickboards, floaters).

Number of players: Any number.

Strategy: On one side of the pool the instructor puts some floating objects on the deck, while the players stand in the water at the same side. When the instructor starts the game, players try to take any floater from this side, put it between their legs/thighs and swim back to put the object on the other edge. If instructor whistles one long whistle, they must change directions from back to front while they try to keep holding the floater between their legs. Then when the instructor whistles 3 short whistles they change to back, and so on. The player that gets all of his or her floating objects to the other end first wins.
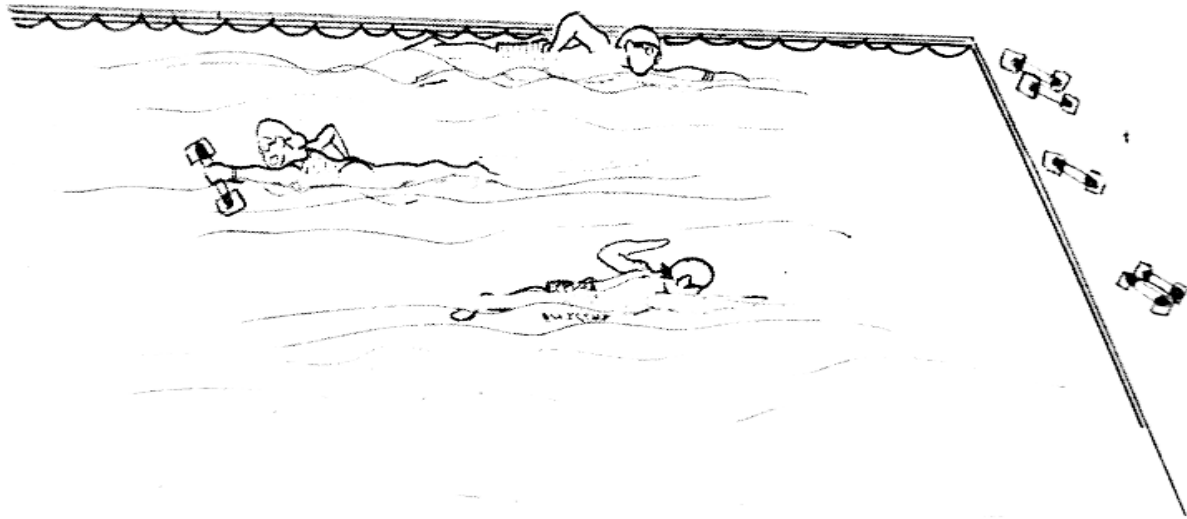
GAME 60.

GAME 61.

RED AND BLUE

Goal: To train students to reverse direction and reverse stroke from front to back or from back to front.

Equipment: Red flag and blue flag in one piece.

Number of players: Any number.

Strategy: Players in the water facing the instructor, who is out of the water. When the instructor raises the red flag up, they swim backstroke and keep looking. The instructor suddenly raises the blue flag up, so all swimmers quickly swim free and raises their heads up to see instructor. Instructor changes colors and each time any player who swims the wrong stroke with color will be out of the game. The last player that doesn't make any mistakes is the winner.
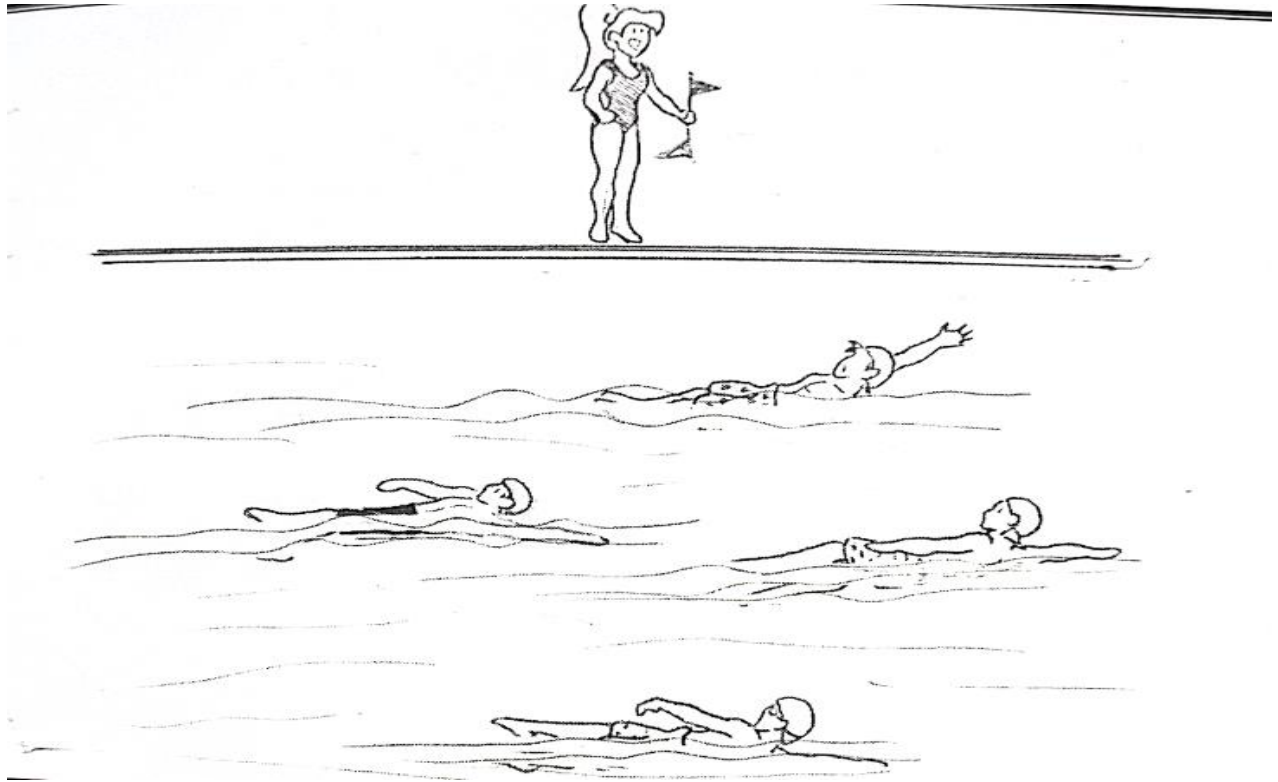
GAME 61.

GAME 62.

TURNOVER LOOK TO THE SKY

Goal: To train students how to turnover their bodies position from back to front and from front to back.

Equipment: None.

Number of players: Any number.

Strategy: Demonstrations from instructor to show players this skill. By extending the right arm and turning the left shoulder to the right-side turnover from back to front. Then instructor shows them turnover from front to back by sweeping left arm under the body, turnover the left shoulder up and raising the face up. Then the instructor asks players to make a line and float on front. When the instructor says "turnover look to the sky," all players turnover from front to back, make kicks back and then start backstroke arms. When instructor says "turnover look to the fish," they turnover from back to front.

Modifications: Instructor can make race from side to side by doing 2 backstroke arms or 2 backstrokes and turnover then 2 free strokes.
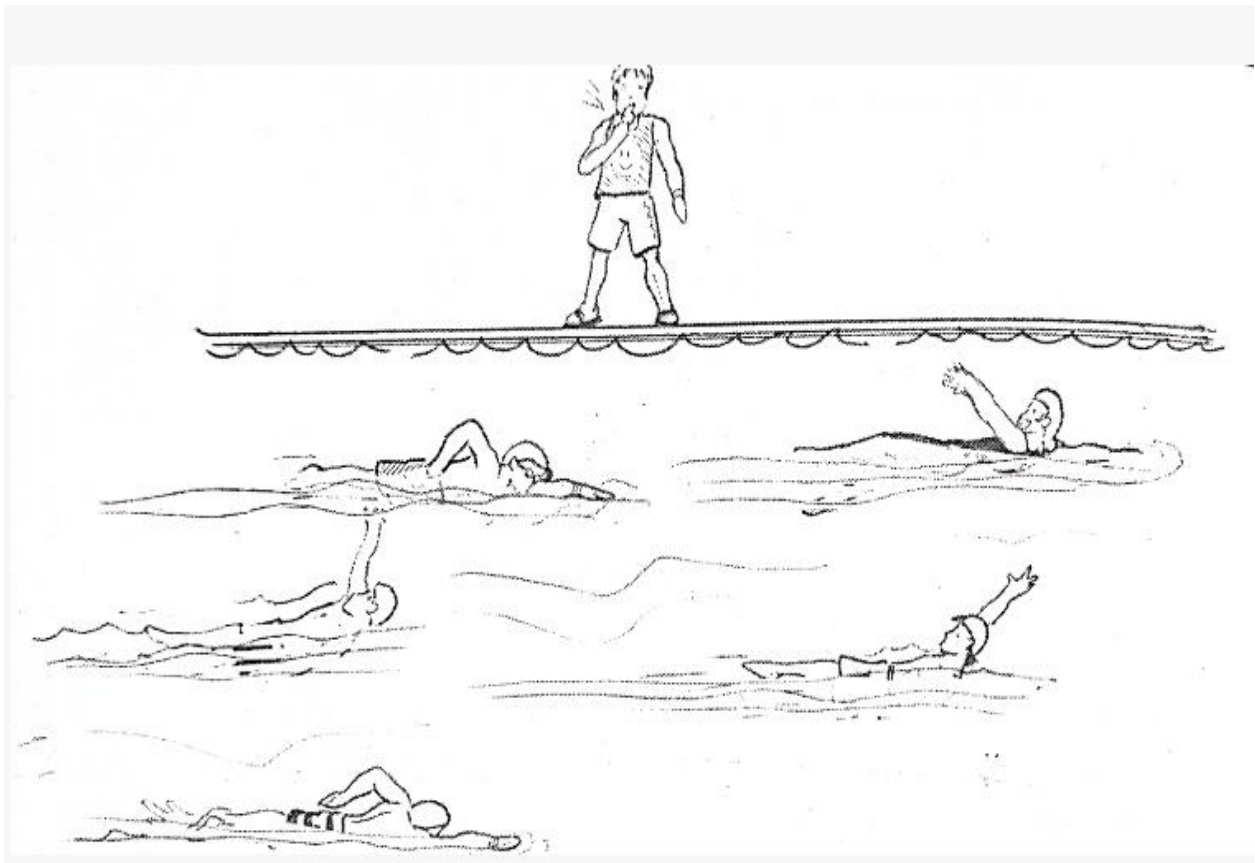
GAME 62.

GAME 63.

FROGS

Goal: To train students in kicking breaststroke on their backs as a step to swim elementary backstroke.

Equipment: Noodles.

Number of players: Any number.

Strategy: The instructor quickly explains to the players how to do elementary backstroke kicking, then does a demonstration for them. Each player takes a noodle to support under their shoulders and tries to cross the pool by kicking breast on their back like a frog. The instructor corrects the positions. Modifications: Instructor can make a race among them.

GAME 63.

GAME 64.

TICKLING YOURSELF

Goal: To train students elementary backstroke arm action.

Equipment: Pull buoys.

Number of players: Any number.

Strategy: The instructor shows players the arm action of elementary backstroke and asks them to do this action like a tickle by the thumb along the side of their body from the thigh to the armpit. Then straighten the arms to the side making all this motion under the surface of the water. Then they do a few kicks back with slow one arm action and so on, by putting pull buoys between their thighs. Instructor asks players to do this action slowly and the slowest one to cross the pool will be the winner.

Modifications: Instructor also can make race among them to see who the fastest one across the pool is.
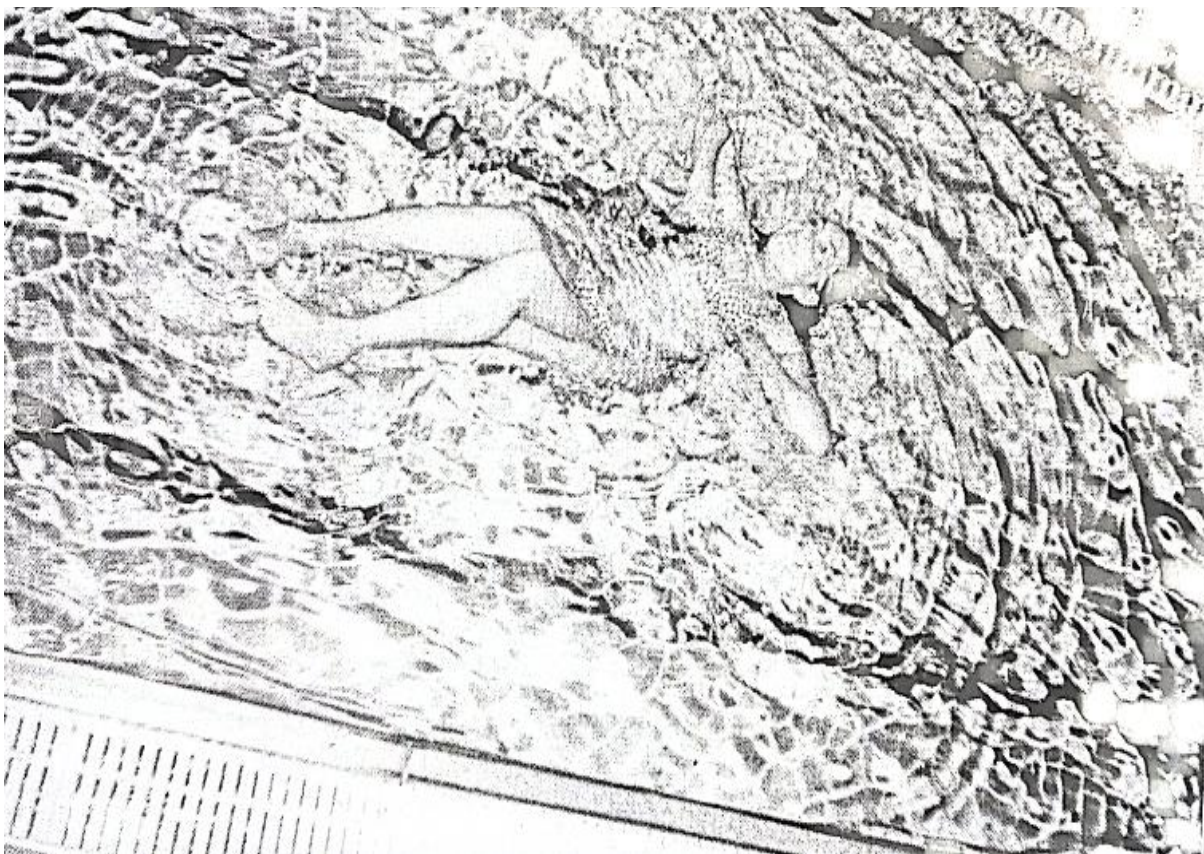
GAME 64.

GAME 65.

SUPPORTING THE HEAD

Goal: To train students in elementary backstroke.

Equipment: Pull buoys

Number of players: Any number.

Strategy: Players adjust the buoys strap and hold their heads on it, facing the edge of the deep-water side of the pool with the starting signal from the instructor, they swim elementary backstroke and support their heads with the pull buoys. The player that reaches the other side first is the winner.

GAME 65.

GAME 66.

COMMUNICATE THE FISH

Goal: To train students how to breathe from the side in freestyle.

Equipment: None.

Number of players: Any number.

Strategy: Students hold the edge of the pool, put their faces down to talk with the fish (by making bubbles) with left arm action and look to the side to listen to the fish (by putting their ears in the water) with right arm action. The instructor organizes the breathing time by calling "talk to the fish, listen to fish." Then, the instructor tries to make a game by talking too fast (talk, listen, listen...) and each player tries to follow the calling, anyone that does the other action will be out of the game. The last player in the game is the winner.

GAME 66.

GAME 67.
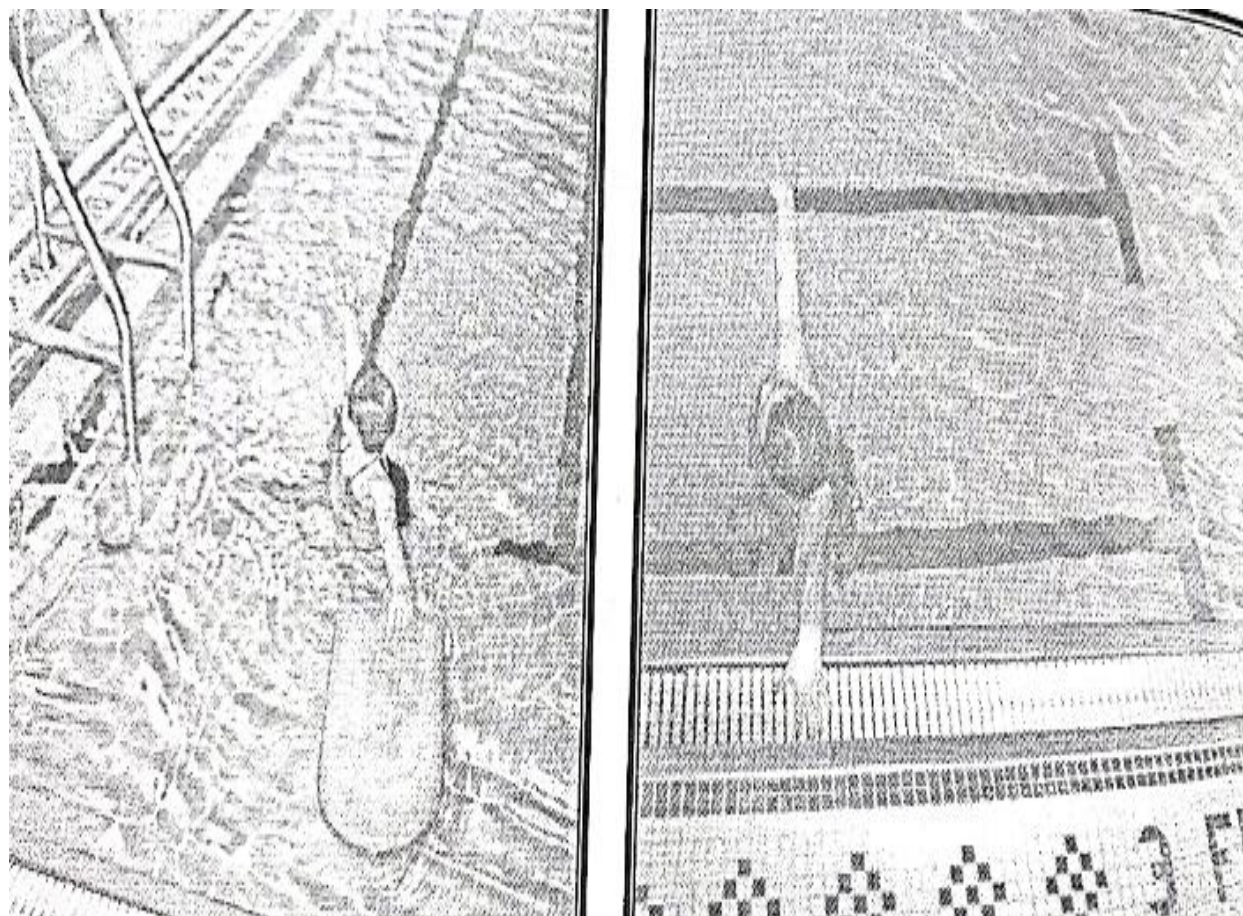
TRY TO SEE ME

Goal: To train students how to breathe from side in freestyle.

Equipment: Floaters.

Number of players: Any number.

Strategy: Students float on front, holding in their left arm a floater and do freestyle kicking while their faces are down. When the instructor says breathe, they look to the right and back to try to see. instructor walking behind them on the right side. While they look for him/her they open their mouths to inhale. When the instructor says swim, they put their faces down and exhale with right arm action combined with the head movement. The player who did not look forward or raise their head is the winner.

GAME 67.

GAME 68.

FOLLOW YOUR HAND

Goal: To train students in breathing from side in freestyle.

Equipment: None.

Number of players: Any number.

Strategy: Players swim arms and kicks on front four strokes without breathing, when they go to take a breath, they try to turn their face to follow the right hand. When the right hand is under the face they look down. When the right hand moves to under the body they look back and down. Then when the right hand exits from the water (break the surface to release in recovery action) the face follows it out of the water to take a breath and goes down to exhale in the same way. Repeat that action each four strokes. Then instructor can make a game to practice in breathing by doing the breath from the right side first stroke, then after two strokes, then after four strokes and finally after six strokes. The player who can follow the right counting and right action wins.

Modifications: Also, the instructor can choose the slowest one who is the best.

GAME 68.

Chapter 2.

The Intermediate Level

In this chapter, games try to cover a group of skills that help to develop and refining Freestyle, Backstroke, and elementary Backstroke, then teach the breast stroke and side stroke.

Penguin is the Symbol of the Intermediate Level 2.

The intermediate level focuses on these skills:

Rotary Breathing
Tread water with modified scissors, Breaststroke, and Rotary Kicking for 2 minutes.
Front and back crawl for 25-50 yards.
Elementary backstroke.
The Breaststroke.
The Sidestroke.
Sculling on back.
Swim underwater
Feet-first surface jump.
And Dolphin kick.

LEVEL 2

1. Rotary Breathing
   left side
   turn head
   right side

2. tread water

3. front crawl
   back crawl

4. elementary backstroke
   A. legs and arms pull out
   B. push down & streamline

5. breaststroke

6. sidestroke
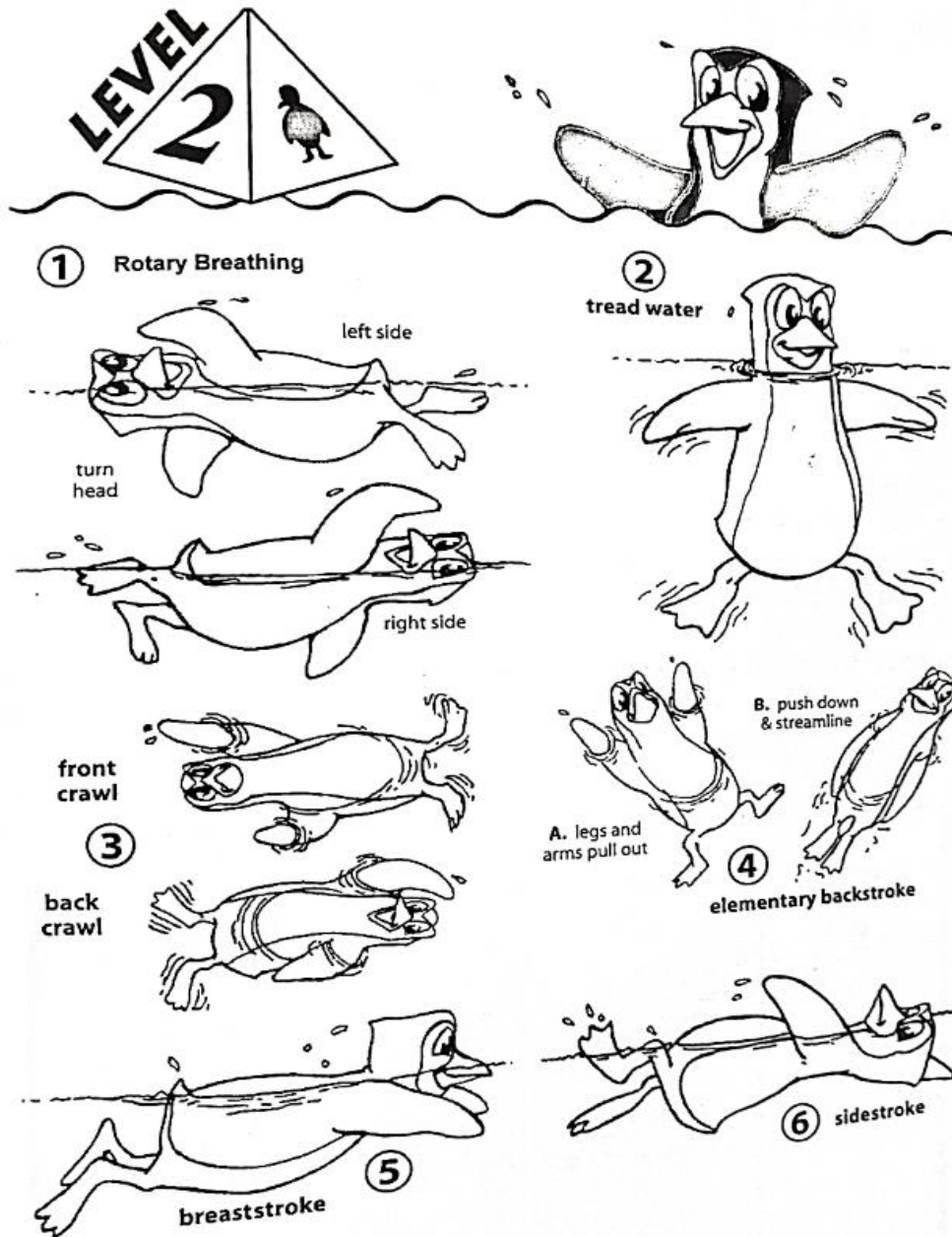
*Major Skills in Level 2. The Intermediate*

GAME 69.

LOOK TO THE RIGHT, LOOK TO THE LEFT

Goal: To train students to breathe from both sides. (rotary breathing in front crawl or the Freestyle).

Equipment: Floaters.

Number of players: Any number.

Strategy: Instructor informs players to move arms very slowly and take a breath once from the right and once from the left with his/her rhythm. When the instructor says "look to the right," they take a breath from the right side. When the instructor says "look to the left," they take a breath from the left side. And when the instructor says "when you finish take your gift," they hold their breath and exhale while their faces are in the water and they are only kicking. Then the instructor repeats the song until they finish the width of the pool. The last player to reach the finish will get out of the game and the rest will continue. Repeat the game until only one swimmer is left. The winner is the fastest one and performs breathing well from both sides.
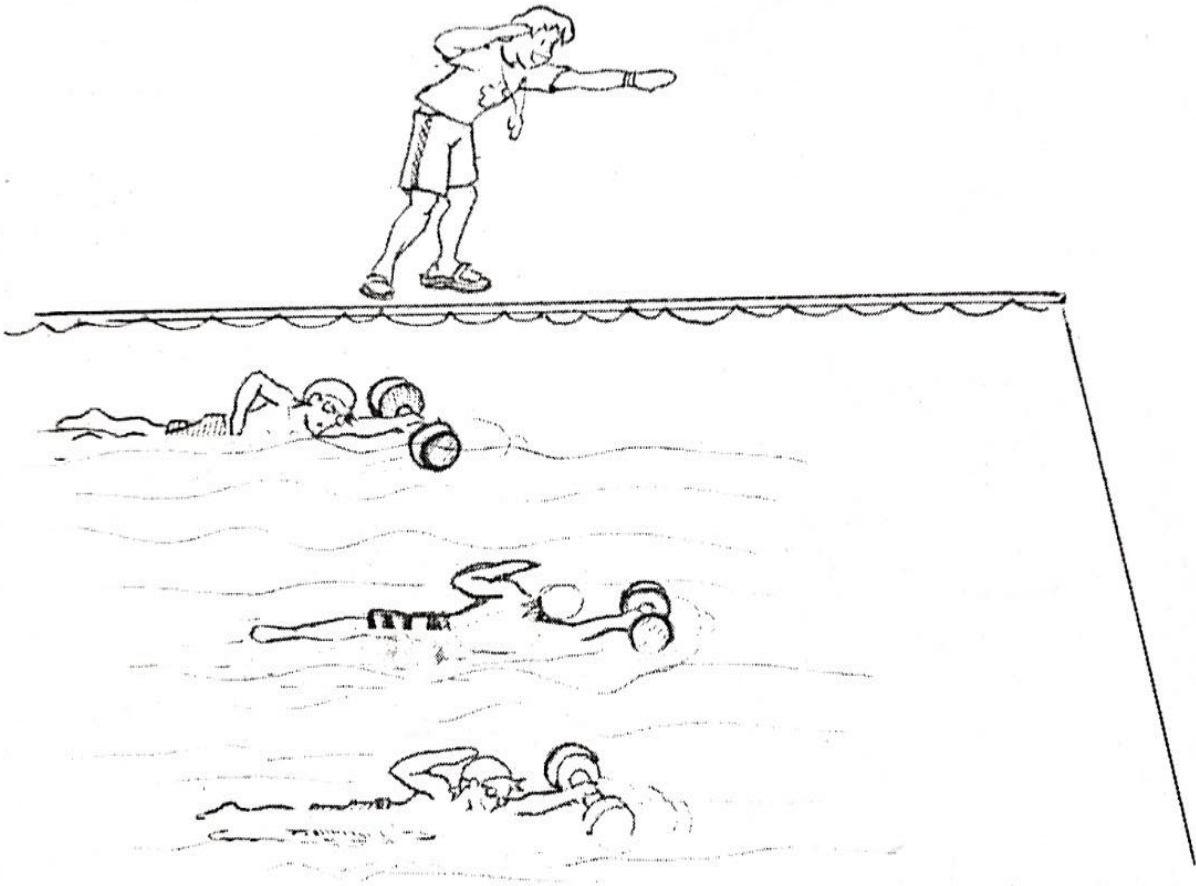
**GAME 69.**

GAME 70.

BE AWARE, YOU ARE WHERE?

Goal: To train students in breathing from both sides.

Equipment: None.

Number of players: Any number.

Strategy: Instructor splits the length of the pool into four parts by putting kickboards on the edge of the pool Players stand in the start of the pool. When instructor give them the starting signal, they swim freestyle and take a breath from the right side until they reach the first signal. Then they swim freestyle by taking a breath from the left side until they reach the second signal. They take a breath from the right between the second and third signal. Then they take a breath from the left until they reach the finish end of the pool. The winner is the one that takes breathes correctly from both sides and reaches the end first.

Modifications: Players try to take a breath every three strokes or they can take a breath two from the right and two from the left. Instructor makes a race between two students back and forth by width of the pool and asks both of them to take a breath from both sides to see each other. Among 8 or less of them by crossing the width of the pool one time, and everyone look to the night and left to see where they are from the others.

Right Side

Left Side

Right Side

Left Side
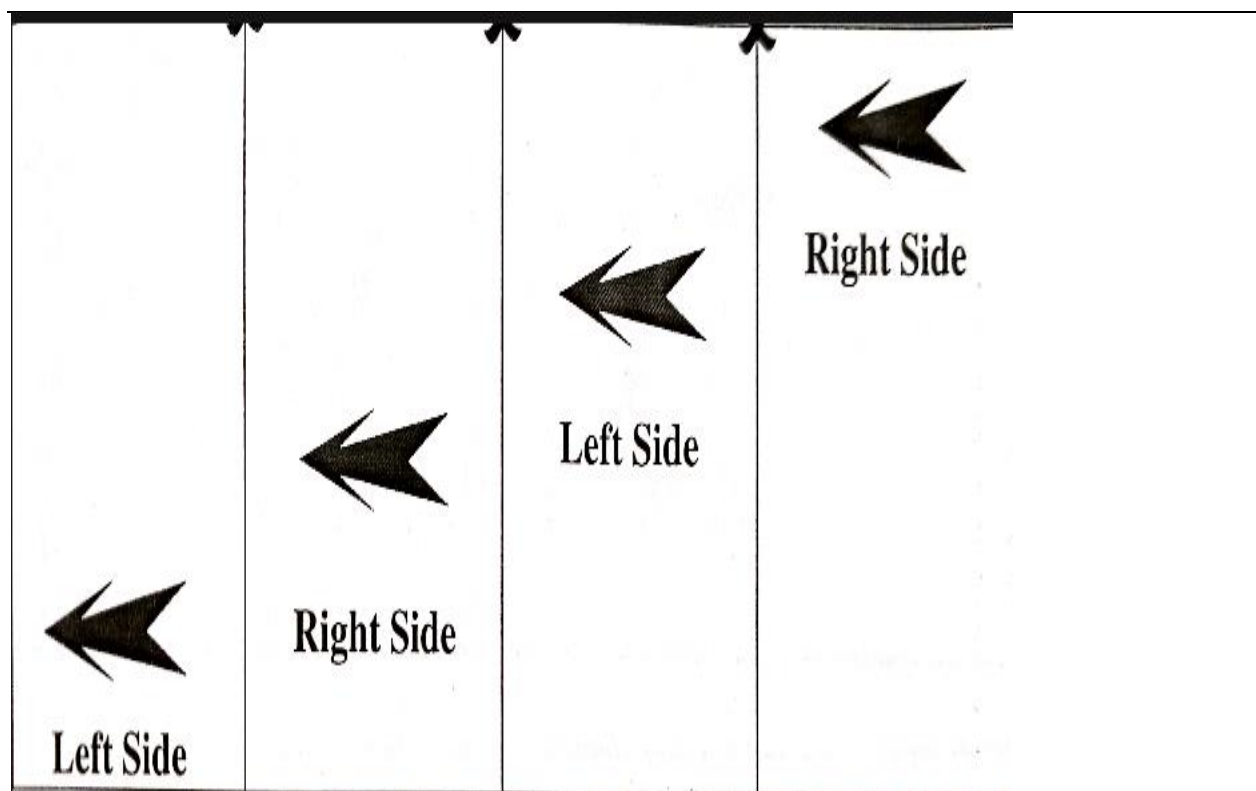
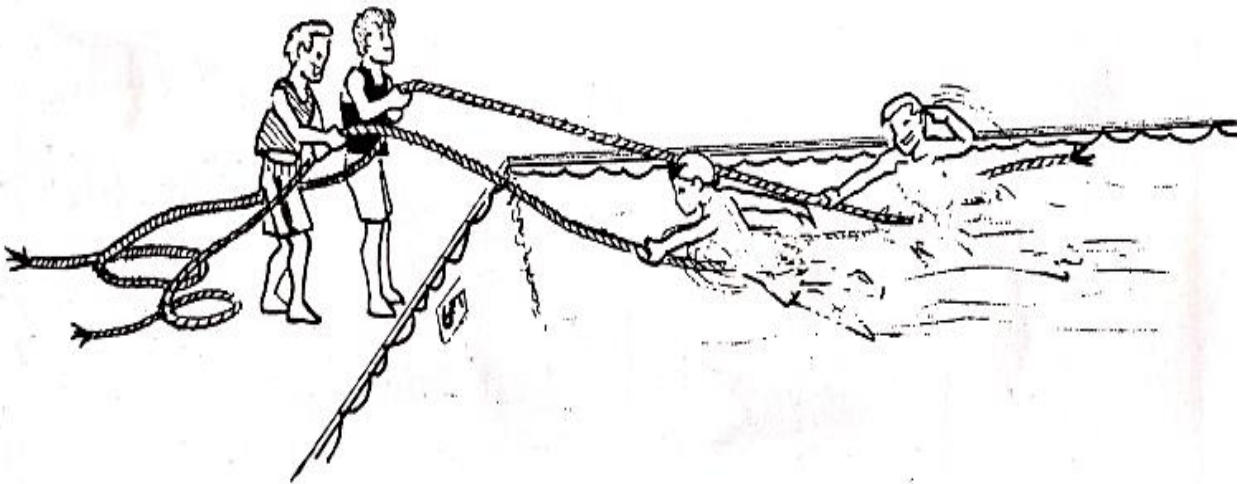## GAME 70.

GAME 71.

SPEED AND COORDINATION

Goal: To train students in breathing from both sides.

Equipment: Long ropes.

Number of players: Equal number on both teams

Strategy: Players stand on one side of the pool in two teams. The first player of each team swims to the other side holding one end of the rope in his/her feet. When they reach the other side they quickly get out of the water and begin pulling the rope. When she/he starts pulling the rope one-by-one his/ her team holds the rope with their left hand and swims fast with their right band breathing from the right side. Each one reaches the other side and changes position to pull the rope and let the one before him or her swim by the left arm and breathing from the left side until they reach the finish. The first team that finishes the race correctly will be the winner.

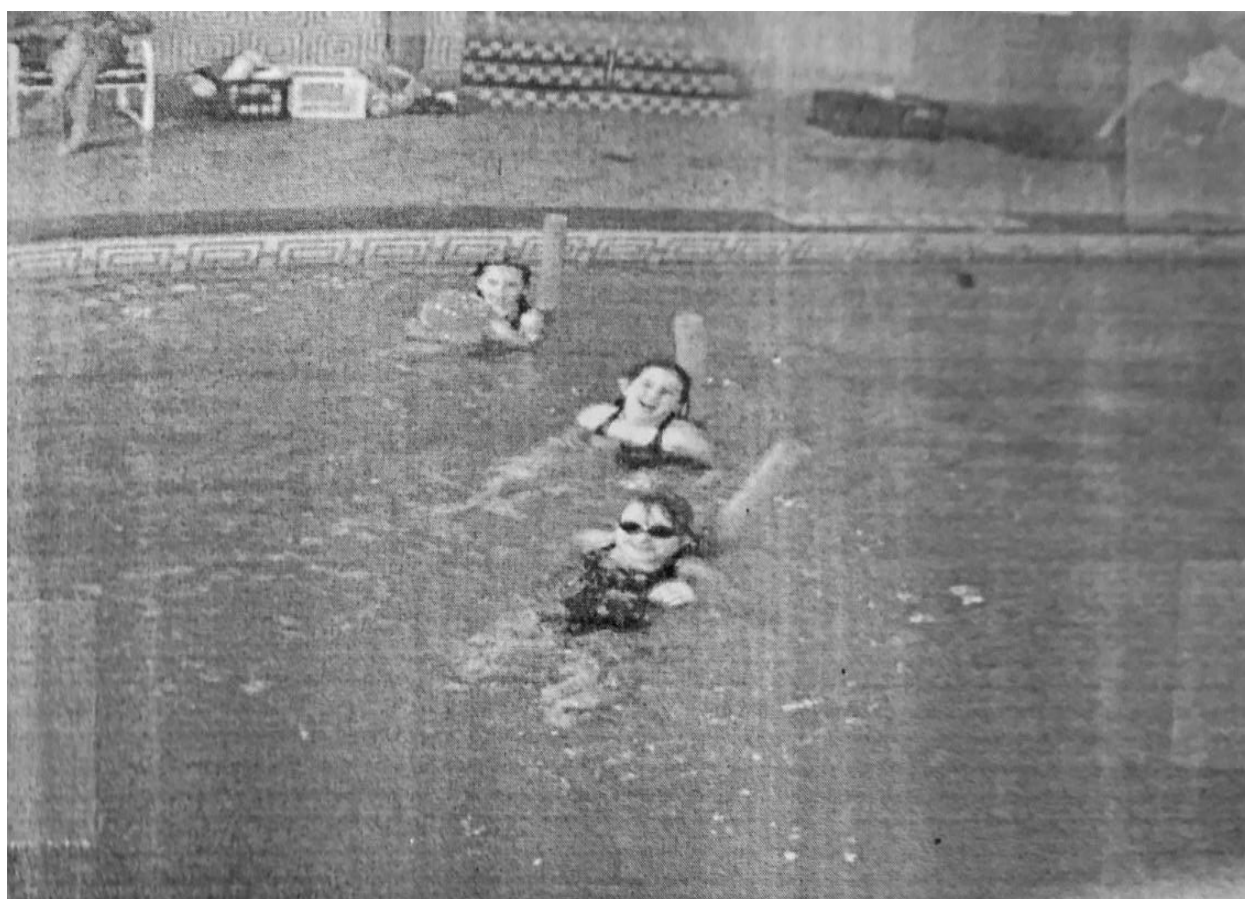**GAME 71.**

GAME 72.

THROW THE BALL QUICKLY

Goal: To train students in treading deep water with scissors, breaststroke, and rotary kick.

Equipment: Basketballs or Noodles.

Number of players: Any number

Strategy: The instructor gives each two players a basketball and asks them to throw the ball between them. First for one minute by treading water with modified breaststroke kicks. Second minute with rotary kick and the third minute by using modified scissors kick. The game spends 3 minutes. Instructor can repeat this game many times the players that throw the ball very quickly and do the kick correctly are the winners.

Modifications: Divide players into two teams, make one side of the pool or ladder the goal, and count the Score.
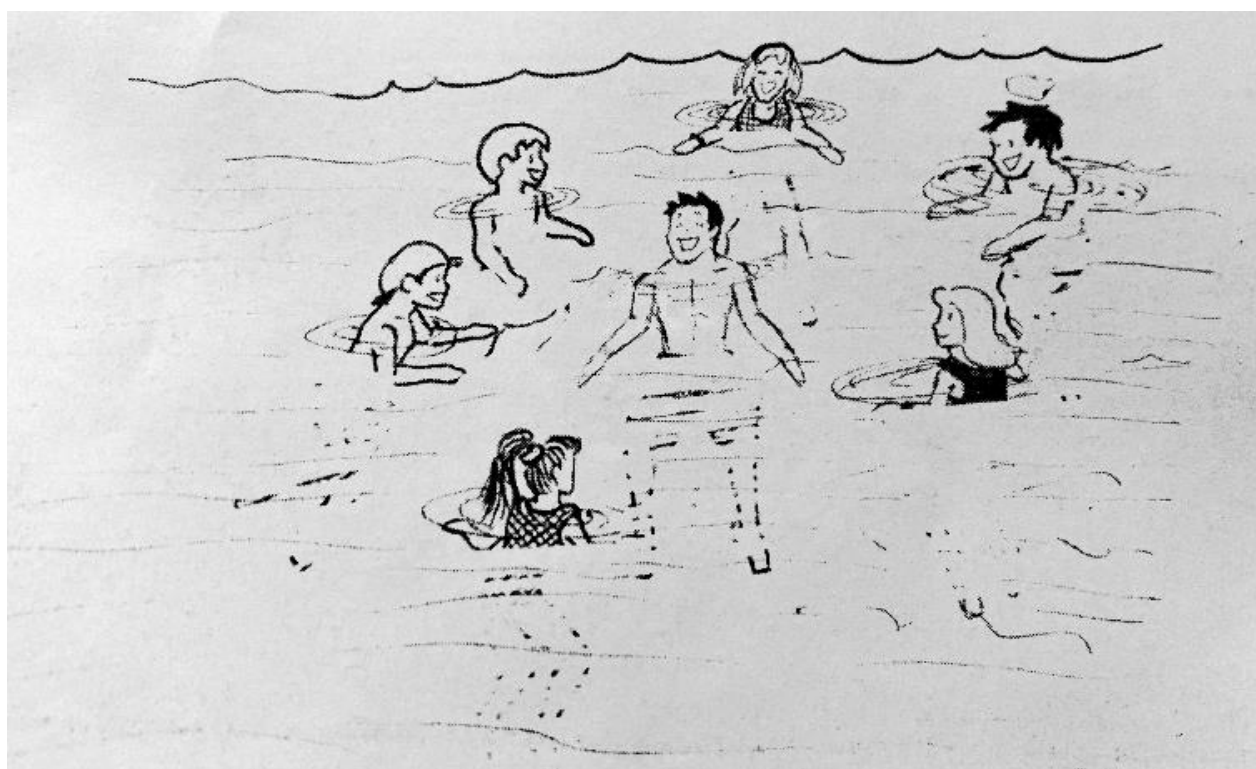
GAME 72

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GAME 73.

TREAD TAG

Goal: To train in treading deep water.

Equipment: None.

Number of players: Any number.

Strategy: Players tread deep water in large circle by kicking in the water with modified scissors, breaststroke kick or rotary kick. Instructor comes up from the bottom into the middle of the circle. Each player tries to tag the instructor. The first one to tag the instructor will be the winner and will take a rest out of the water. Meanwhile, the remaining players will continue the game. The instructor repeats the game many times until all players tag him/her.
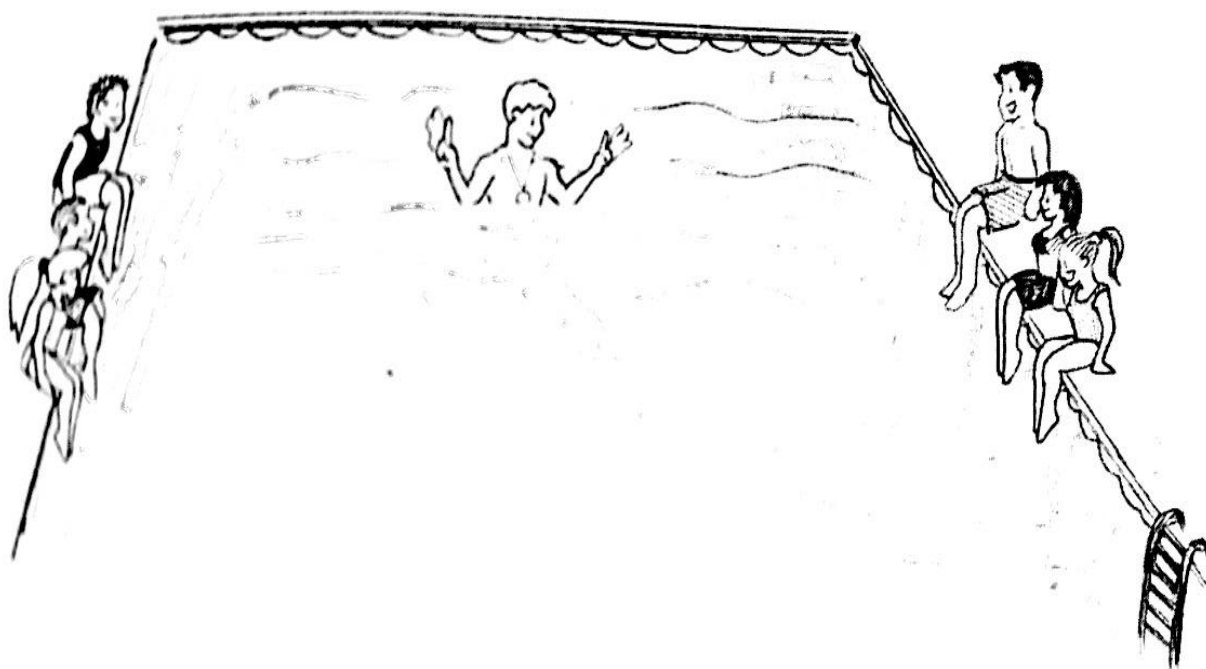
GAME 73.

GAME 74.

FRUITS

Goal: To train students in performing freestyle stroke.

Equipment: None.

Number of players: Any even number.

Strategy: Players split into two teams. Instructor gives one player from each team the same name of fruits. When the instructor calls the fruit, players who have the same fruit name try to swim freestyle and touch the instructor, who is treading water in the middle distance between the two teams, and return to their place. The player who returns first receives a point for his/her team. The instructor repeats the game with different fruits until all are called upon. The team with the most points wins.

GAME 74.

GAME 75.

BALANCE

Goal: To train students in swimming backstroke slowly, but correct.

Equipment: Floating dumbbells (or plastic/carton cups).

Number of players: Any number.

Strategy: The instructor focuses on straight arms in recovery and immobilizing the head in backstroke style. The instructor puts a cup of water on the forehead of each player and asks them to swim backstroke very slowly but correct from the start to the furthest point. The player who reaches the other side of the pool or swims the furthest without dropping the cup is the winner.

GAME 75.

GAME 76.

THE REAL RACES

Goal: To train students in swimming front and backstroke.

Equipment: None.

Number of players: Any even number (6 players).

Strategy: Players split into two teams, three players from both teams in each end of the pool When the instructor starts the game the first player of each team swims fast to the other side then the second player swims from that side back to the first players side until the last player of each team finishes the relay. The team that finishes first wins.

Modifications: Instructor can do this game by swimming free or back, mixed between free and back, or the same player swims half the distance free and the other half back. Also, they can do it as a real race or as a relay.

GAME 76.

GAME 77.

PARTENERS

Goal: To train students in practicing front and backstroke.

Equipment: None.

Number of players: Any even number.

Strategy: Students stand in small circle and extend one arm and their backhand face up. Then they say together P-A-R-T-N-E-R-S with changing direction of the palm, whether facing up or down.
They do this many times until they split to equal teams. Then they run to the edge of the poolside and organize among them who goes first, second, third...
Then the first player swims freestyle to the other side of the pool and returns backstroke to the start position.

The next player quickly jumps in the water with same movement to swim front to one side and returns back, and so on... Until all the players in each team finish this relay.

The first team to finish the relay will be the winner. Instructor repeats this game again starting from PARTNERS to split again to two teams and race in relay.

GAME 77.

GAME 78.

BACK AND FORTH

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**Goal:**   To train students in practicing freestyle and backstroke-

Equipment: None.

Number of players: Any number.

Strategy: Players stand in shallow end against the wall. When instructor gives the signal, they swim backstroke until they arrive at the first sign. Then they change direction to return to the start point by swimming on front. Then they swim on back to second sign and return on front to start point. Finally, they swim on back to the end and return on front to the start point. The player that finishes first is the Winner.

Modifications: Instructor can make a 50-yard race in freestyle and 25-yard race in backstroke. Instructor can make this game by swimming on front the entire race or by swimming on back the entire race. Instructor can also make relays between two teams. Player one swims front to first and back to return to starting point. Player two swims free to second sign and backstroke to starting point. Then last player swims free to the end and backstroke to the starting point.
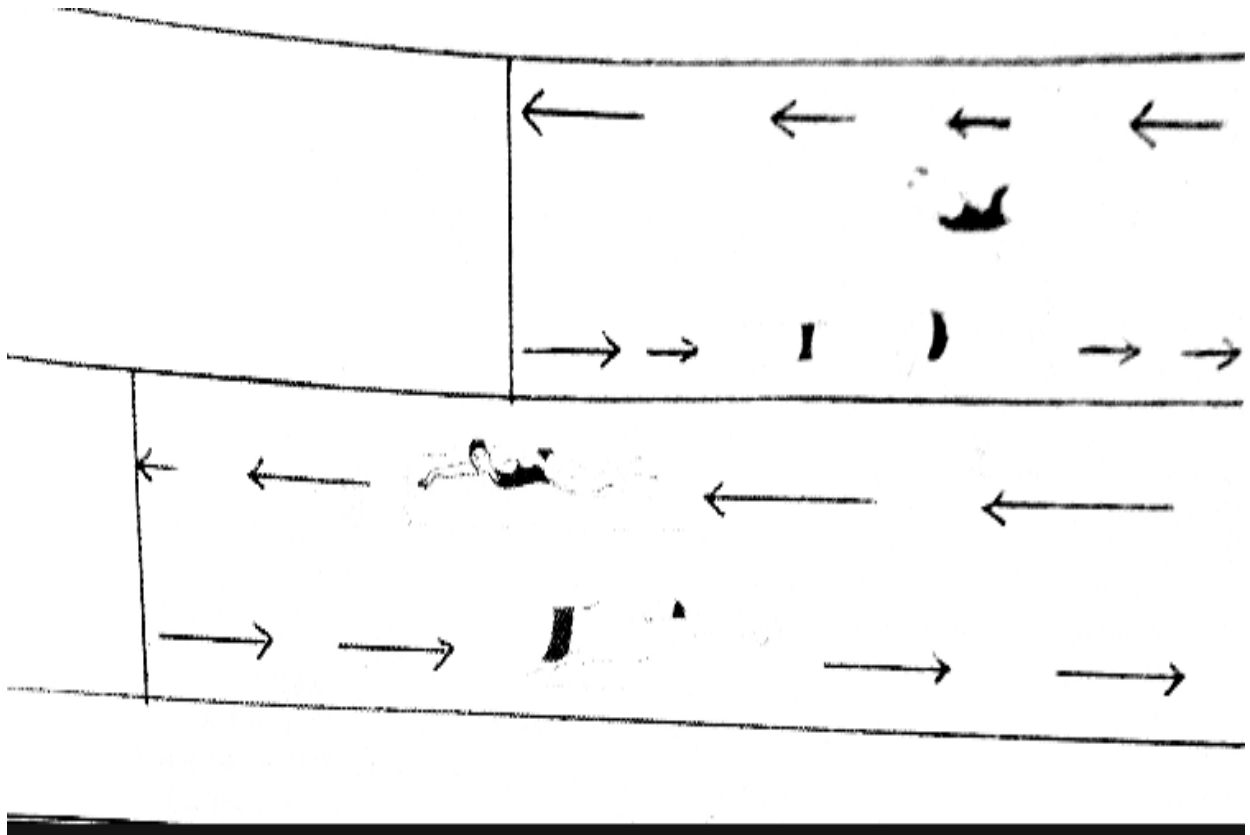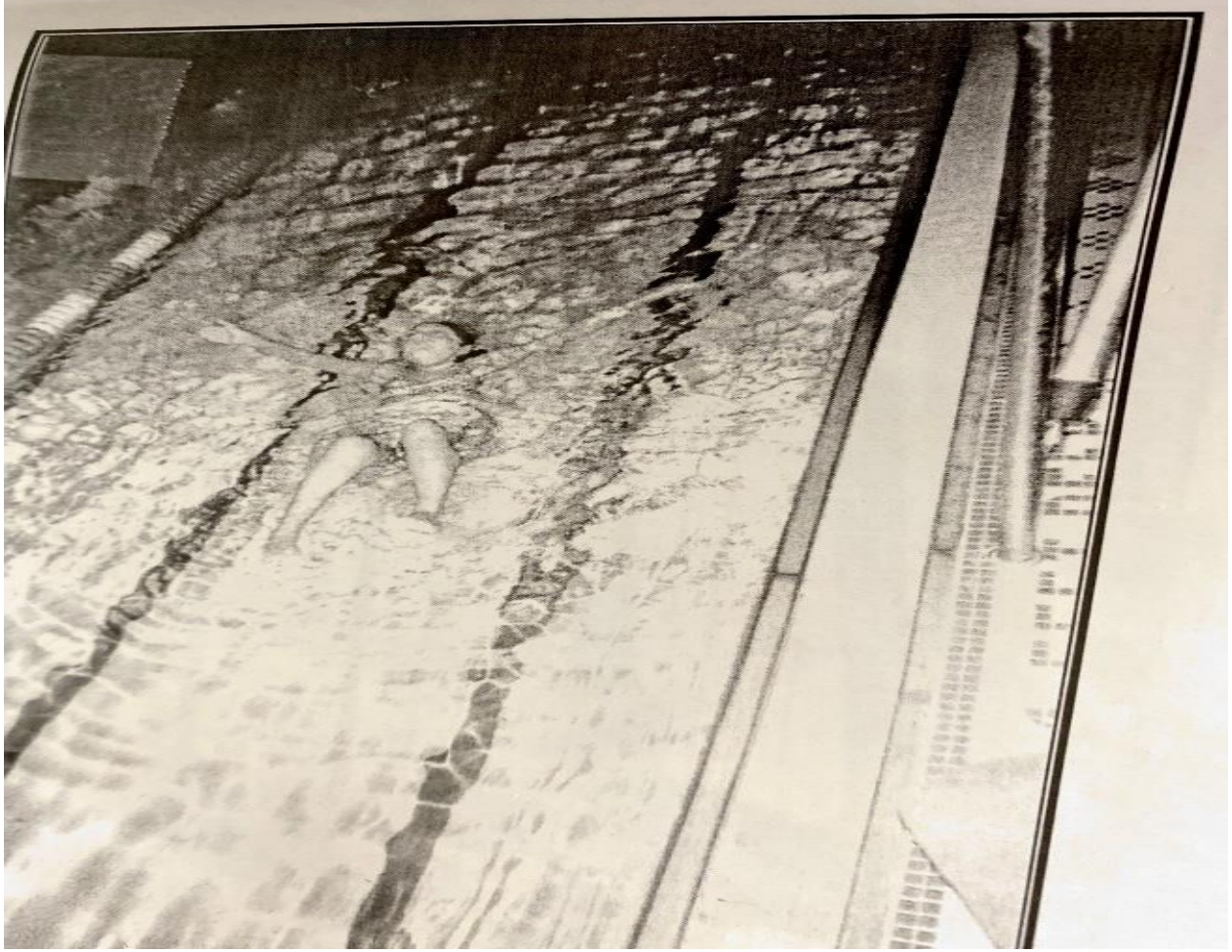
GAME 78.

GAME 79.

THE LEAST STROKE, THE BEST STYLE.

Goal:　　　　　　　To train students in gliding and good style in elementary backstroke.

Equipment:　　　　None.

Number of players:　　Any number.

Strategy:　　　　　　The instructor explains for players that they should focus on gliding after the kicks push action and after the push action. So, players try to do the gliding correctly throughout swimming the length of the pool in the least number of strokes the player to finish the length of the pool in the least number of strokes wins.

GAME 79.

GAME 80.

FAST BUT NOT SPLASHING

Goal: To train students in swimming elementary backstroke with good stroke recovery.

Equipment: None.

Number of players: Any number.

Strategy: Players try to swim 25-yards elementary backstroke. Each two or three players together in race to cross the pool without splashing. Instructor uses whistle to start game.
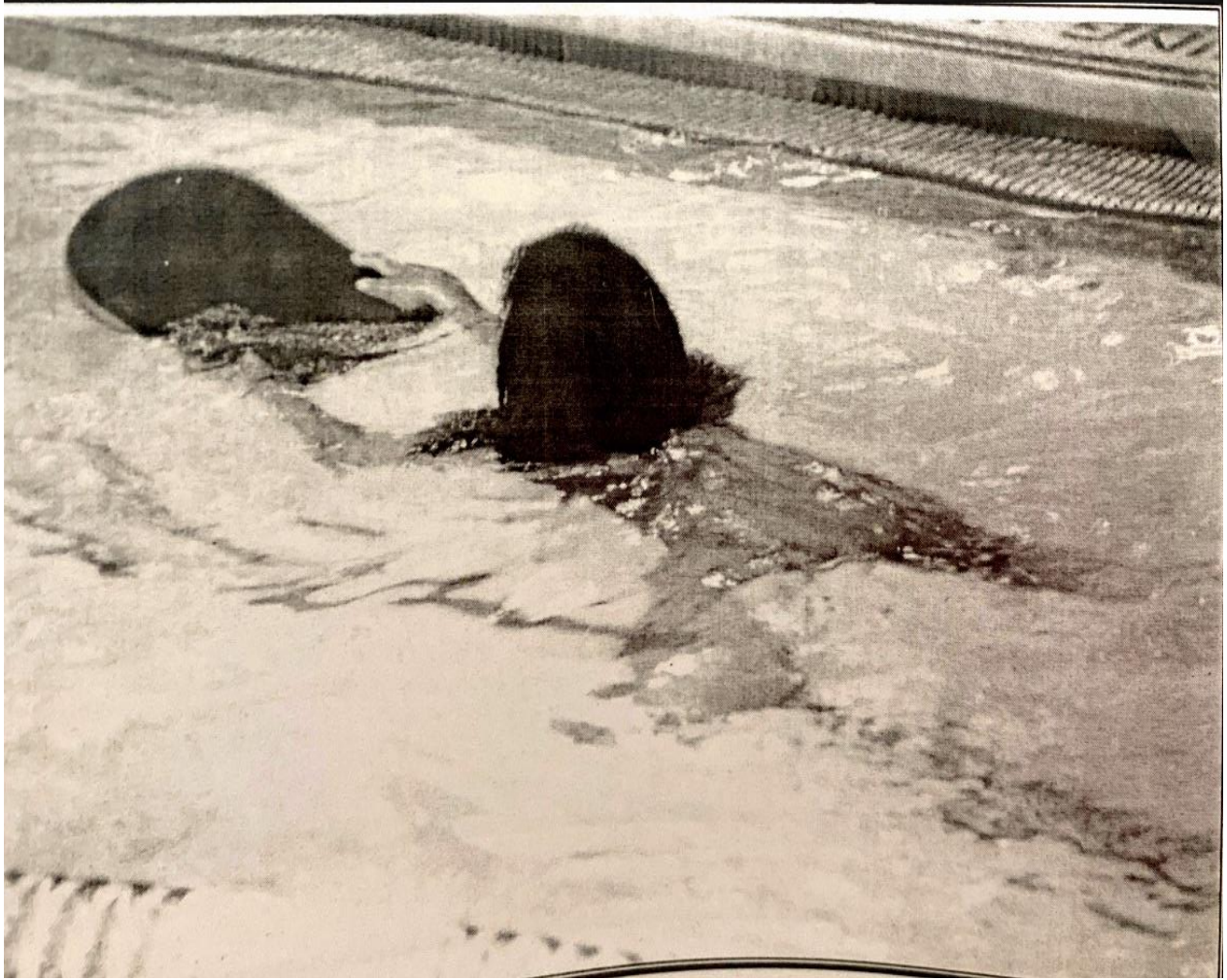
GAME 80.

GAME 81.

SWAN

Goal: To train students in kicking breaststroke.

Equipment: Kickboards.

Number of players: Any number.

Strategy: The instructor shows players the kick action of breaststroke. They do this action first from setting on the edge, then from holding the side of the pool. Each player takes a kickboard and tries to do the kick action by crossing the side of the pool, holding the kickboard and their heads up like a swan. They try to glide (extend) their legs behind them at least 3 counts without any splashes, like a

Modifications: Instructor can do races of kicking breaststroke among players.

GAME 81.

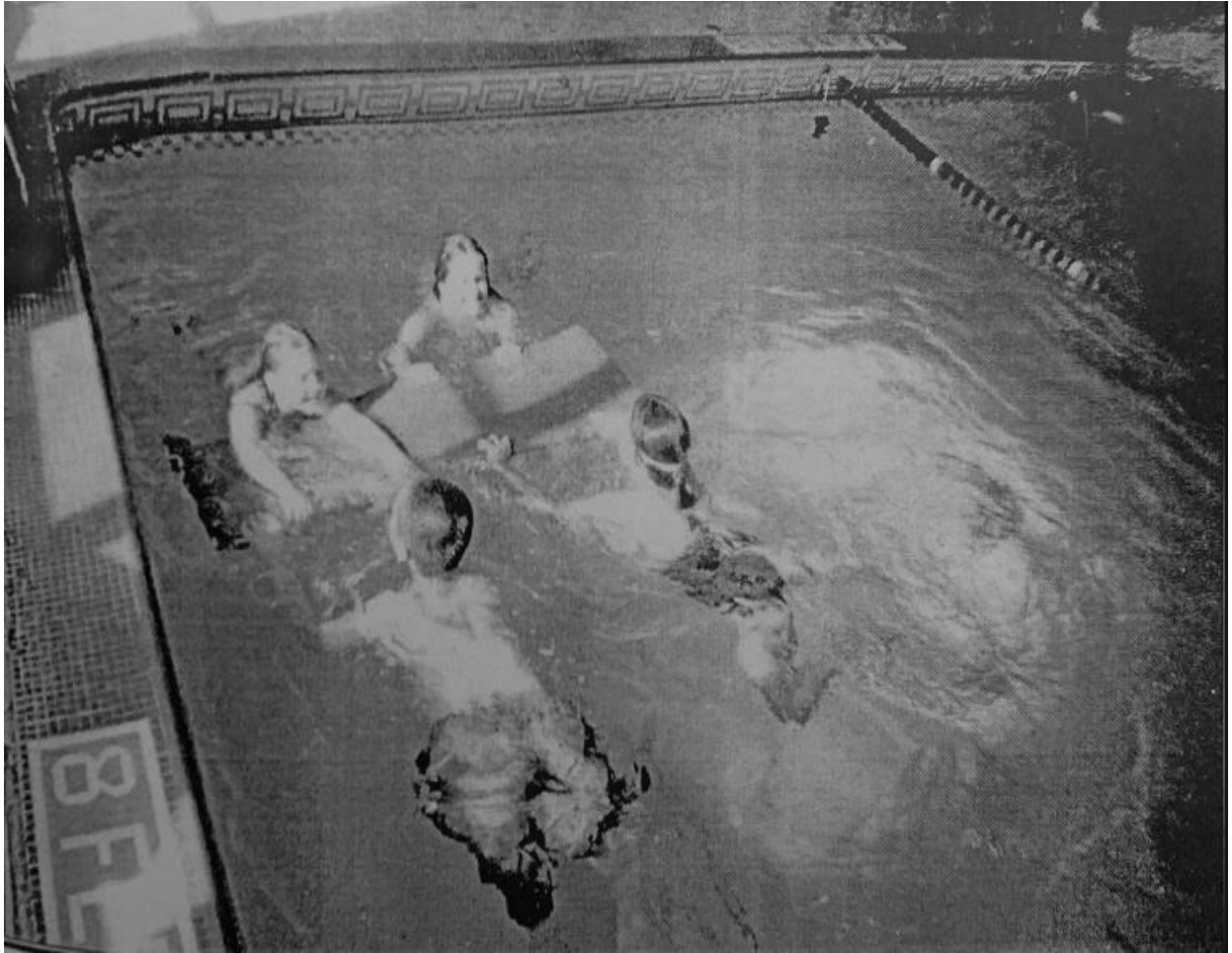**GAME 82.**

WHO IS THE STRONGEST?

Goal: To train students in kicking breaststroke.

Equipment: Kickboards.

Number of players: Any even number.

Strategy: Every two players take one kickboard in the middle of the pool facing each other holding the length of the board. At the starting signal each player tries to kick breaststroke against his/her partner. The player who can push his/her partner close to the other side wins.

Modifications: Instructor can make a competition between two teams or make a final between the class to find out who is the strongest. Also, all players can compete against the instructor using a larger mat.
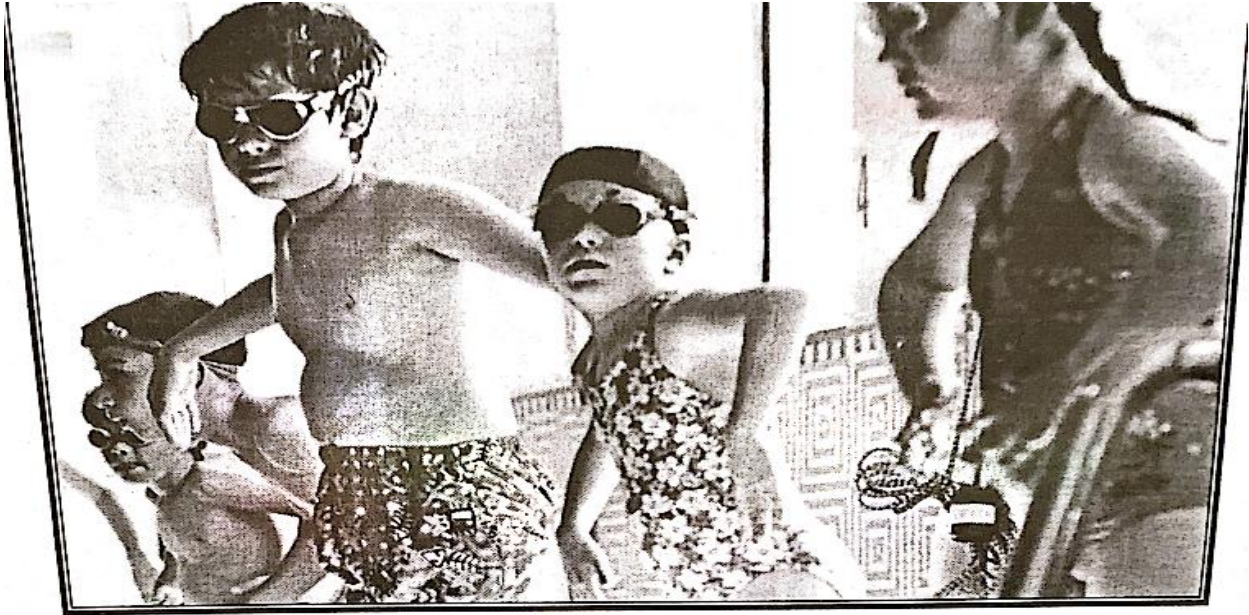
GAME 82

GAME 83.

THE KNIGHTS

Goal: To train students in breaststroke arm action.

Equipment: Noodles.

Number of players: Any number.

Strategy: First, from laying on the ground of the side of the pool, players do the arm action for breaststroke very slowly with correction from the instructor. Then they enter the water and each player takes a noodle and rides it like a horse trying to cross the width of the pool, like a knight, by doing the breaststroke arm action only.

Modifications: The instructor can also make a race among them.

GAME 83.

GAME 84.

CLAPPING

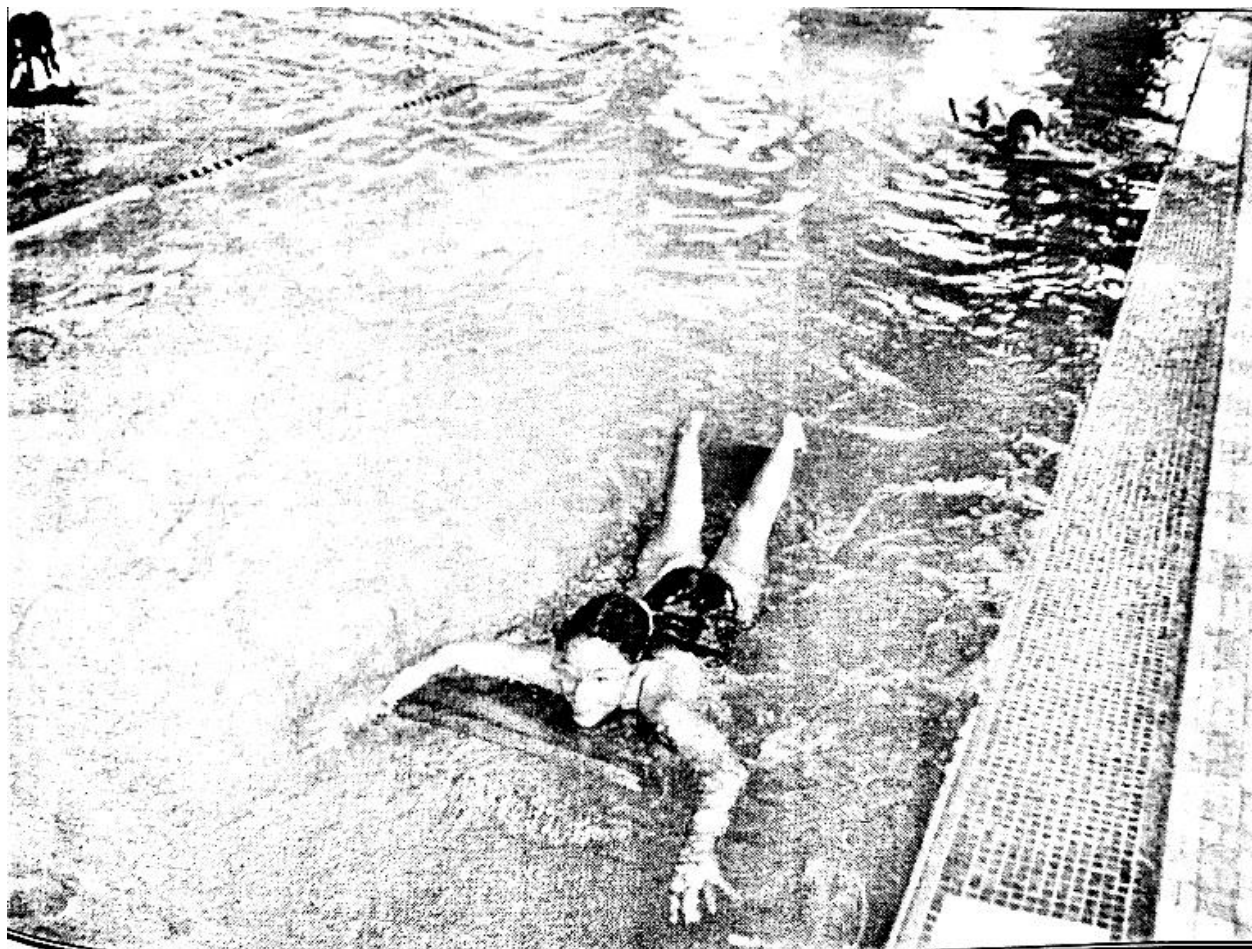**Goal:**   To train students in breaststroke arm action.

Equipment: Thick floating gym mats.

Number of players: Any number.

Strategy: Every player lies on the mat and tries to cross the swimming pool using only breaststroke arm action slowly by squeezing the water with both arms, clapping hands together and extending arms forward to begin another arm action.

Modifications: The instructor can make a race among players after they are able to do the right arm action.

GAME 84.

GAME 85.

SITTING ON THE BALL

Goal: To train students in breaststroke arm action.

Equipment: Plastic balls.

Number of players: Any number.

Strategy: The instructor shows the players how to sit on the ball and move their arms in breaststroke arm action. Slow speed and glide are very important to keeping them in balance and to make gliding carefully.

Modifications: Instructor can make races to cross the pool by width or as a relay between two teams.
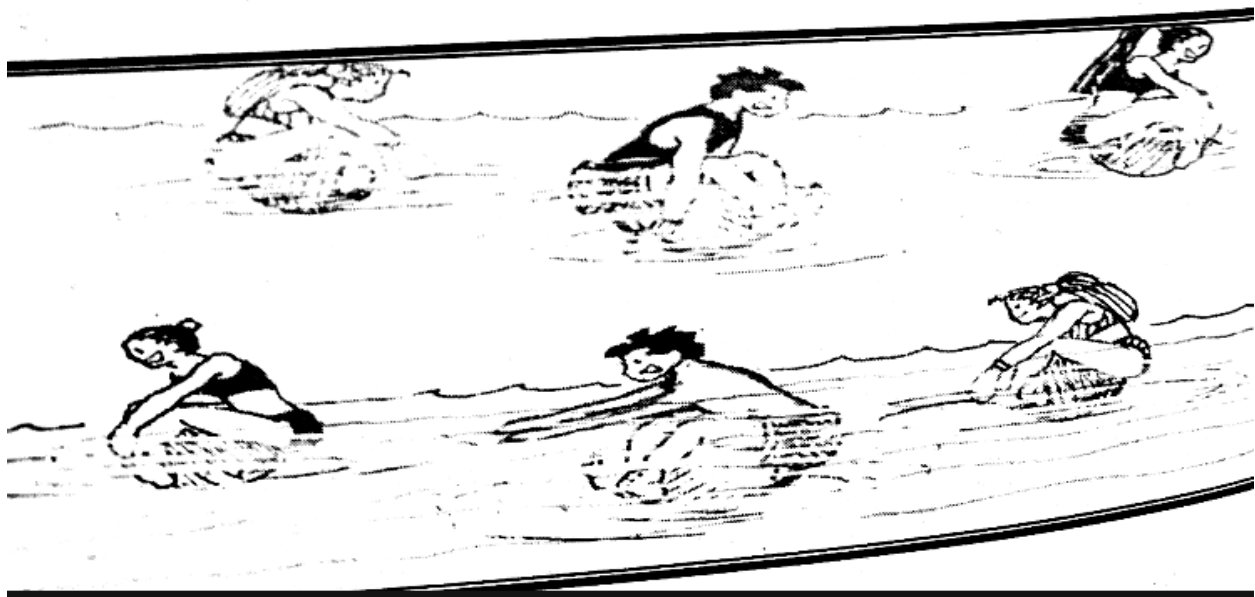
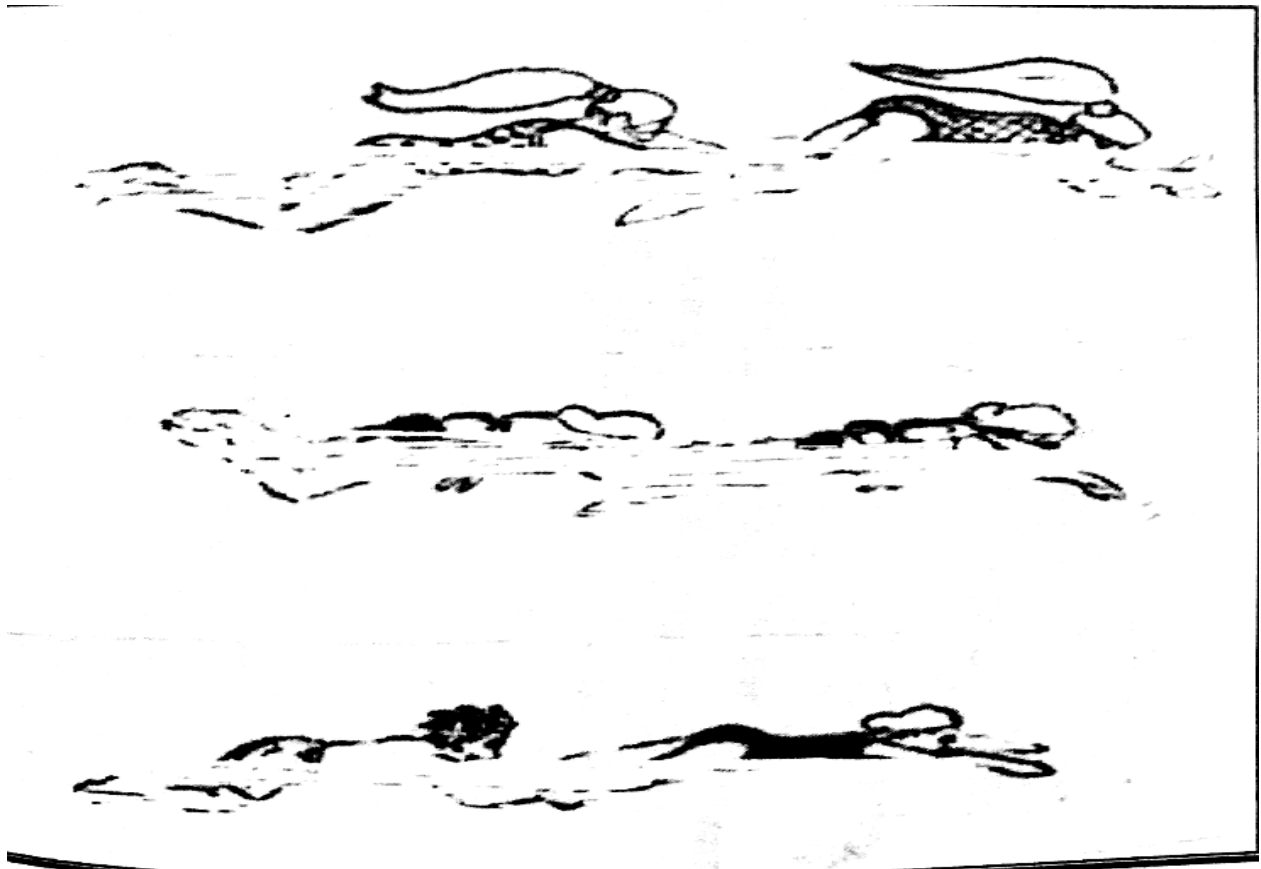## GAME 85.

GAME 86.

TWO IN ONE

Goal: To train students in kicking and pulling in breaststroke.

Equipment: Pull buys and kickboards.

Number of players: Any even number.

Strategy: Players split into groups, every two players together. The first player swims arm action breaststroke and the second player hold the first player's feet and swims breaststroke kicks only. Change positions and return to start.

Modifications: The instructor can do races among the couples for two lengths or widths of the pool (back and forth). The instructor can also do races among all players by going (forth) only kick and returning (back) arms only.
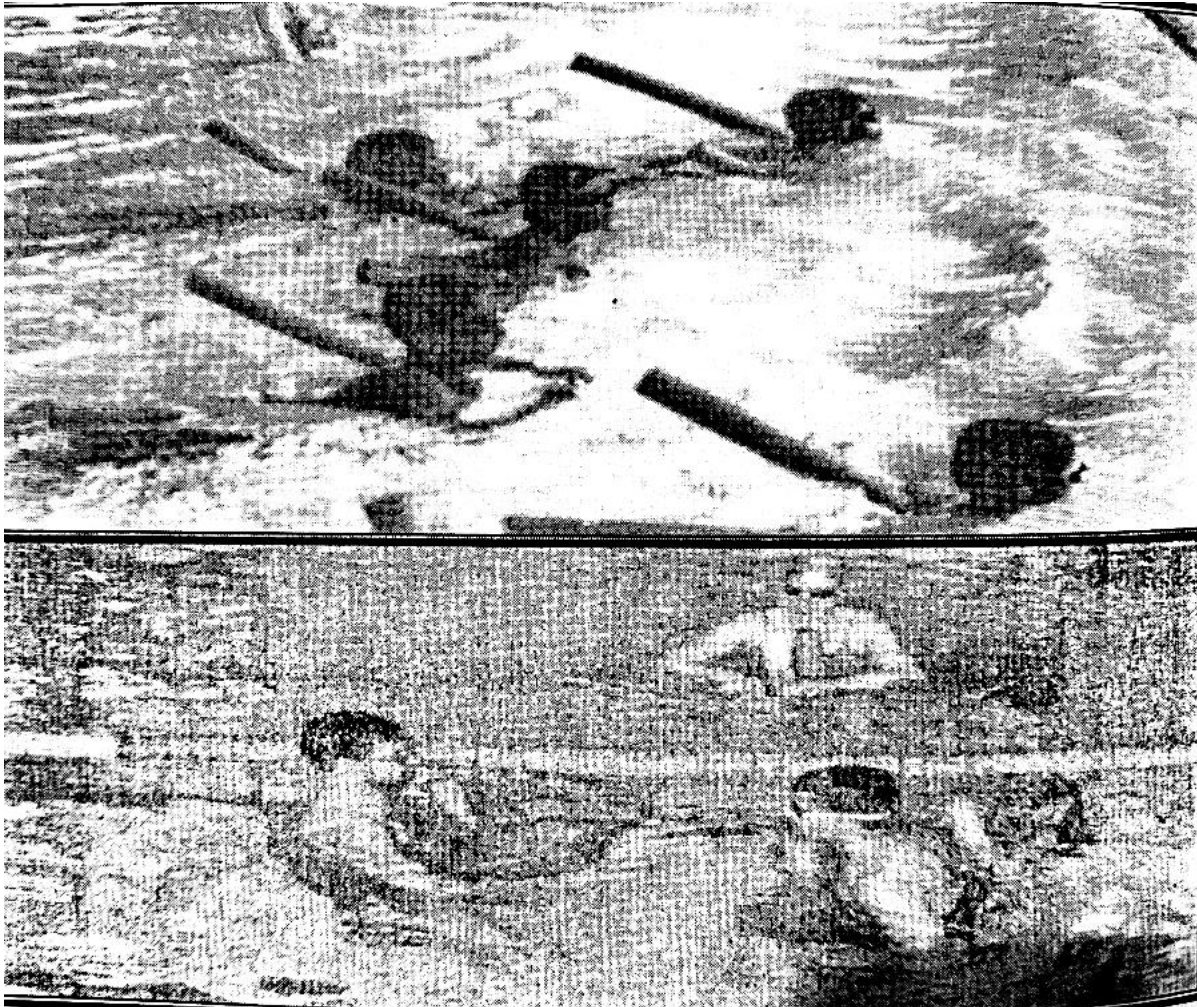
GAME 86.

GAME 87.

TIMING

Goal: To train students in timing between kicks and arms action in breaststroke.

Equipment: Noodles.

Number of players: Any number.

Strategy: Players float on noodles on front. When the instructor calls "Inhale," players raise their heads to take a breath with arm pull action and at the finish of the pull they bend their knees. When the instructor calls "Exhale," they glide their arms and kick backward with putting their faces in the water. The instructor repeats this calling by rhythm to train them on timing in breaststroke.

GAME 87.

GAME 88.

25 YARD RACE

Goal: To train students in swimming breaststroke.

Equipment: None.

Number of players: Any number.

Strategy: Instructor makes races in 25-yard breaststroke among players.

Modifications: Instructor can do relays in 25-yard breaststroke, whether they start from block or from pool by They can do the race by the width of a narrow pool 4 times breaststroke (forth, back, forth, and back).
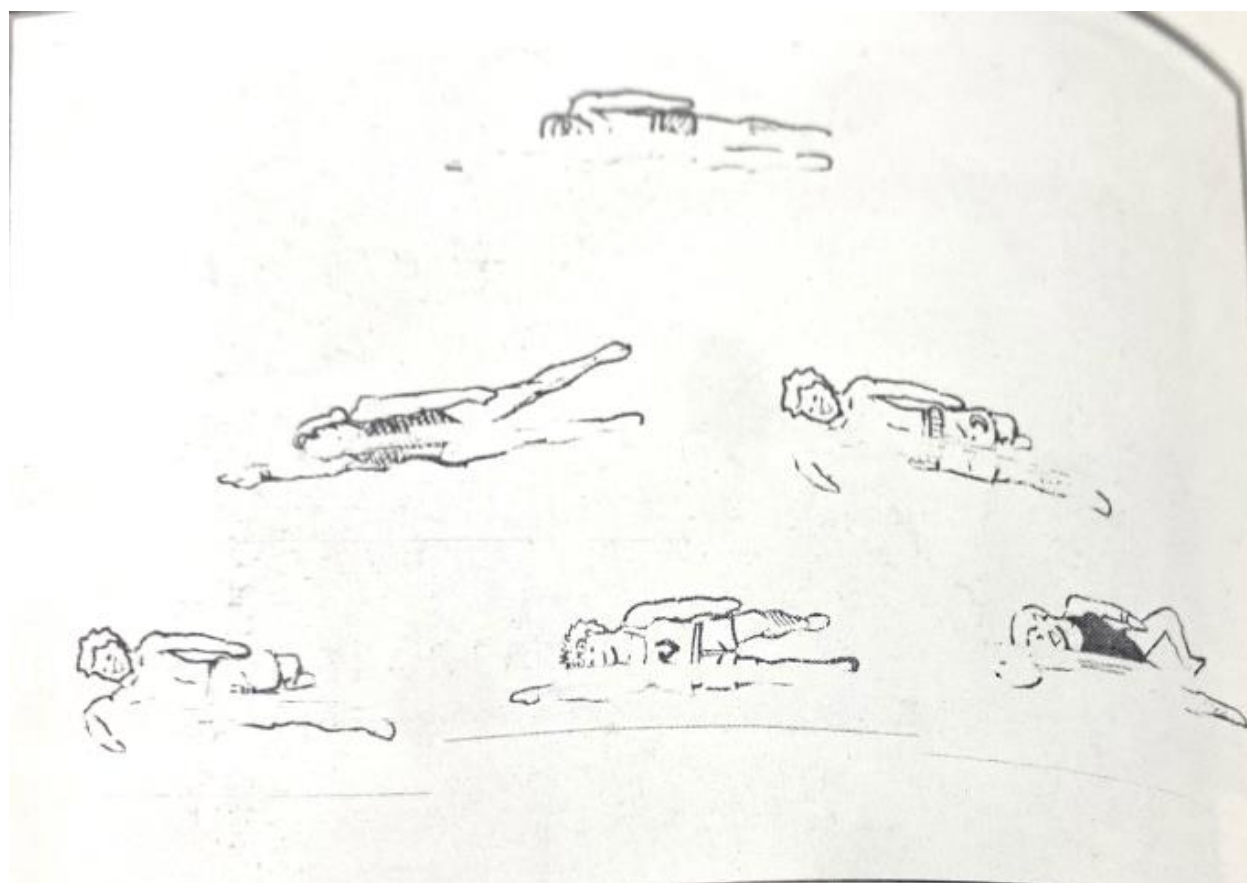
GAME 88.

GAME 89.

SQUEEZE

Goal: To train students in side stroke kicking.

Equipment: None.

Number of players: Any number.

Strategy: The instructor shows the players the side stroke kick action out of the water first. Then they do it like squeezing the water between their legs from side laying position. They enter the water each couple of them together, one supports the other. Then they change positions between each other.

Modifications: The instructor can make the same game by walking across the pool. The instructor can also do a race between couples.
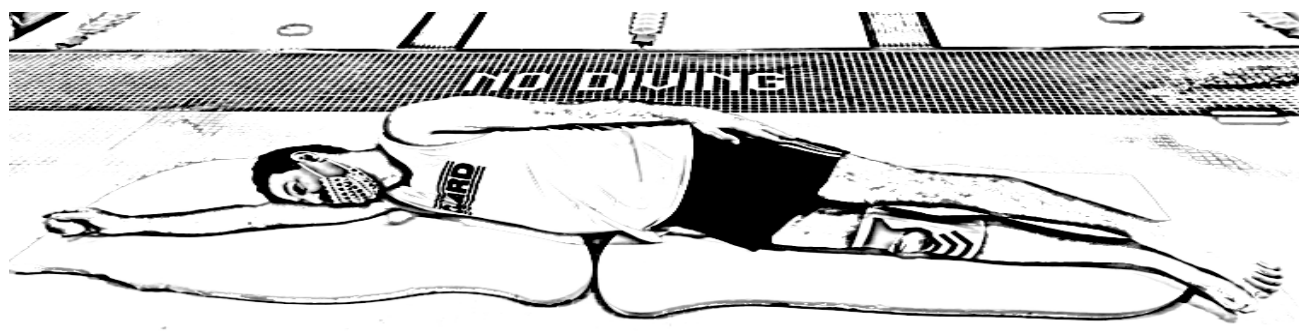
GAME 89.

GAME 90.

SEND AND RECEIVE

Goal: To train students in sidestroke arm action.

Equipment: None.

Number of players: Any even number.

Strategy: The instructor shows players the arm action of sidestroke out of the pool from standing position, they do it in the water from standing in the shallow end. Each couple does it in side position together, one carrying the other. One arm tries to send the water to the other and the other tries to receive the water. Players change position. They can do this game by walking and crossing the side of the shallow end. Modification: They can do like a race among the couples.

1

2

3

GAME 90.

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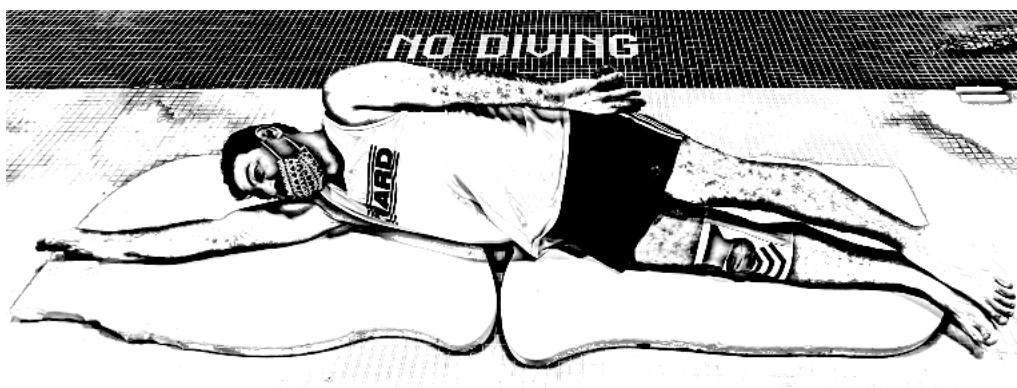
GAME 91.

CONTRACTION.... EXTENTION

Goal: To train students in timing between arms and legs in sidestroke.

Equipment: None.

Number of players: Any number.

Strategy: The instructor shows players the timing between arm action and kicks by focusing on contraction of legs and arms together then extension of them together. Players contract their arms and legs when instructor says "Contraction," then they extend.

Modifications: They cross the pool together or in a wave formation. They can race, whether all together or in groups/couples. The instructor can do 25-yard sidestroke.

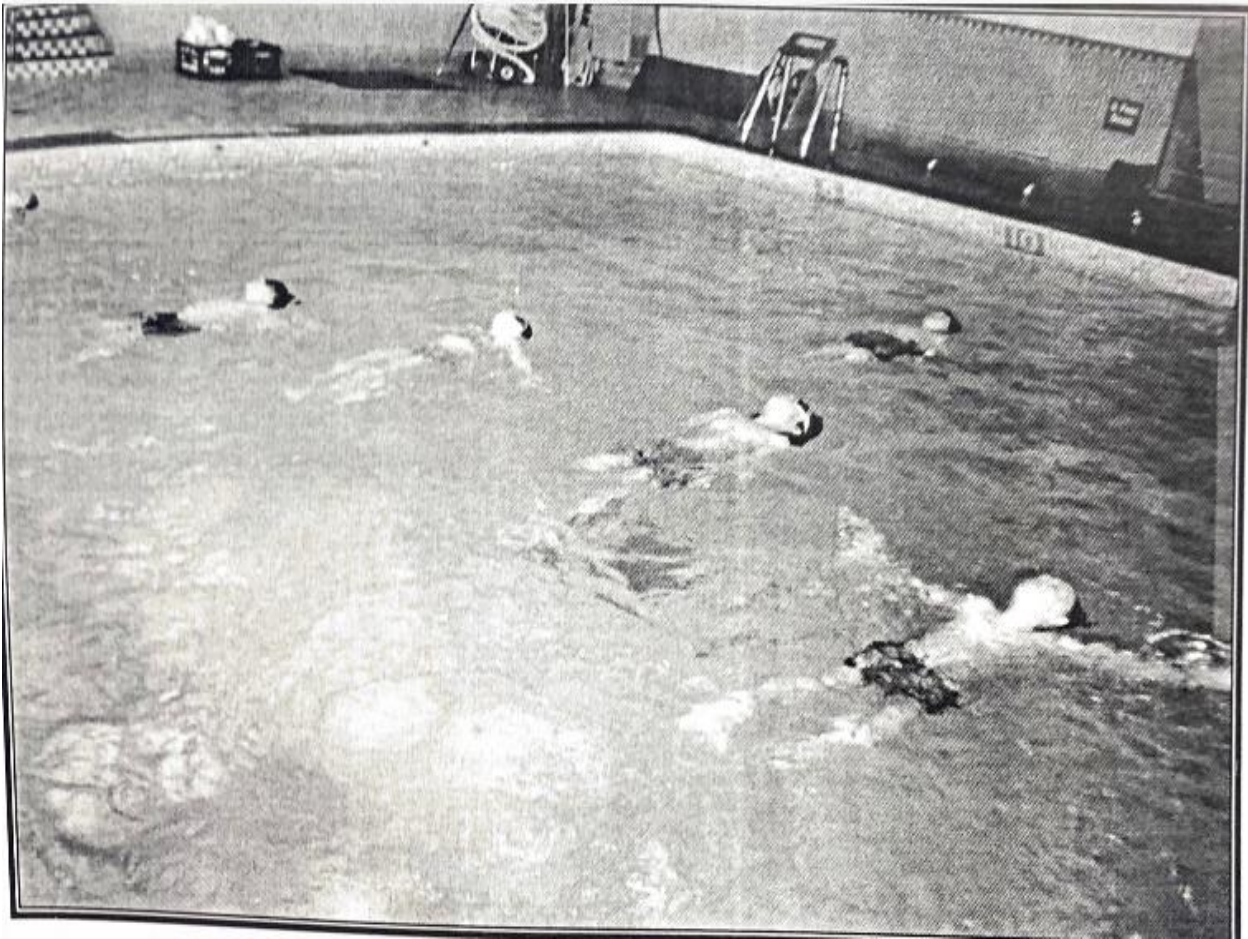**GAME 91.**

GAME 92.

THE STRONGEST ARMS

Goal: To train students in sculling on back.

Equipment: Pull buoys.

Number of players: Any number.

Strategy: The instructor shows students the sculling arm action from standing out of the water and correcting the action for them. Then they do it from standing in chest deep water. They try to do it from floating on back with the arms straight and close to their bodies. First, they do it with support by putting pull buoys between their legs. Then the instructor lets them try without floating by relaxing their bodies and legs and only depending on the arms sculling.

Modifications: The instructor can make races by crossing the width of the pool. The instructor can time to see the player who can do the sculling continuously.
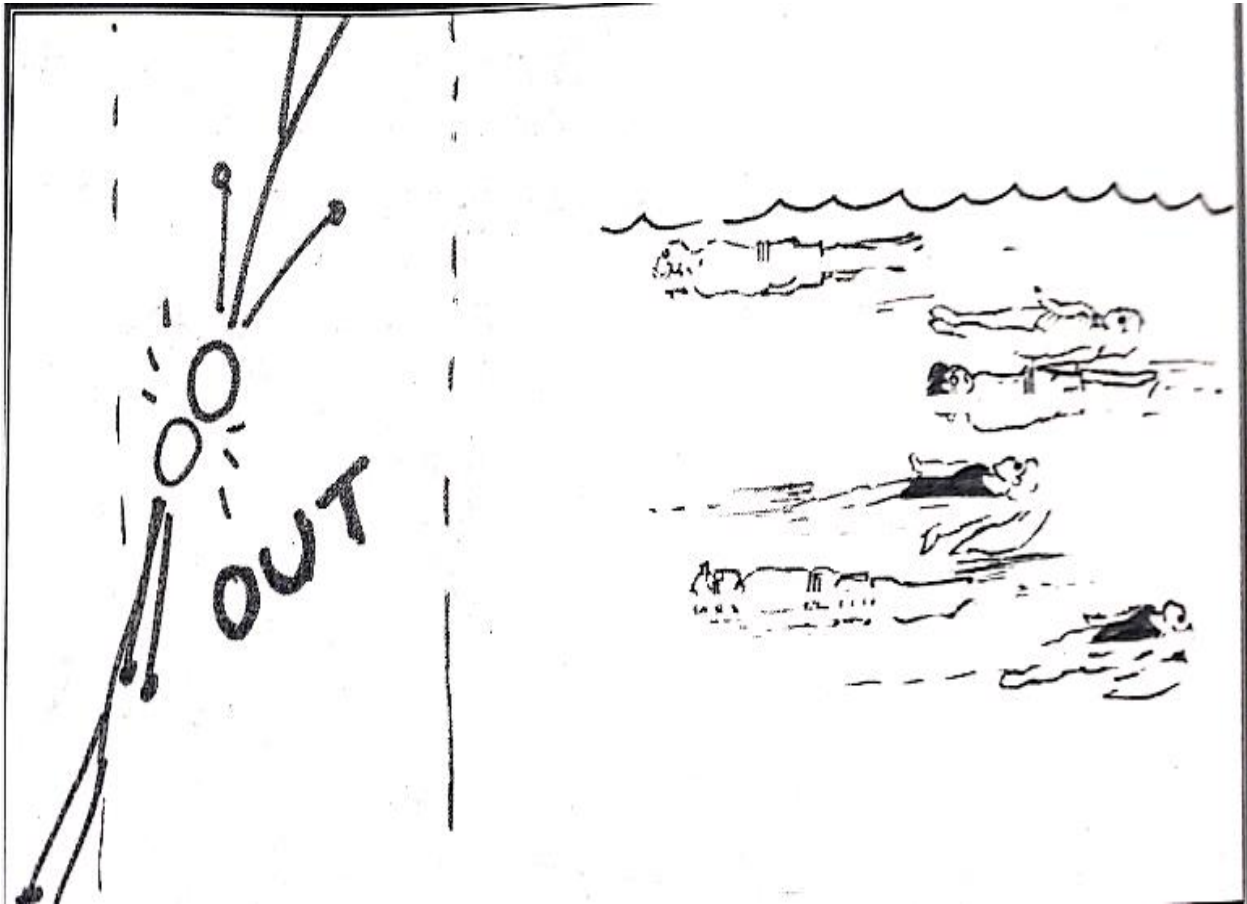
GAME 92.

GAME 93.

AVOID CRASHING

Goal: To train students in sculling on the back.

Equipment: None.

Number of players: Any even number.

Strategy: Students split into two teams. Each team takes a side of the deep end of the pool and faces the wall. When the instructor gives them the starting signal all players push the wall by feet and sculling. Everyone tries to keep in his/her line without crashing. Any player that crashes will get out of the game. After each crossing of the pool the instructor moves the players to be closer, one at each mark of both sides.

Modifications: They can also do very close distances between each two players. They can do a race among them and the last one each team reaches the opposite side will get out. Repeat.
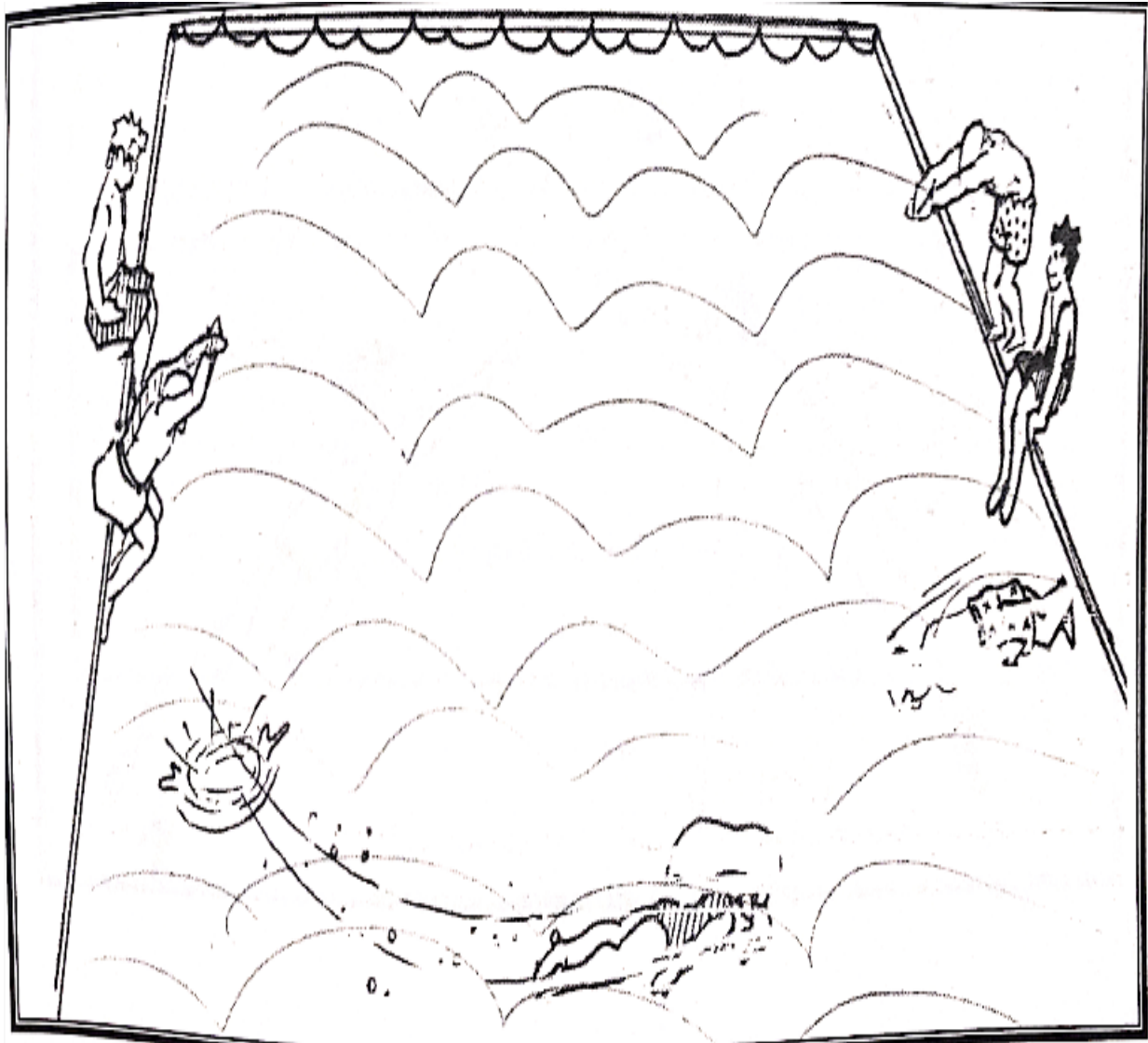
GAME 93.

GAME 94.

CHANGE PLACES

Goal: To train students in gliding underwater and kicking.

Equipment: Goggles.

Number of players: Any number.

Strategy: The instructor shows players how to glide underwater by straightening his/her arms and legs in a streamline position and pushing the wall while his/her head is going down by sitting on the edge of the deep end and pushing the wall. Then players try one-by-one to do this skill with support or assistance from instructor. Then without assistance. After all players do this glide correctly, they split into two groups, each group on one side of the deep end by width of the pool. One group glide then the other.

Modifications: The instructor can do a game by splitting the players into couples. The first player of each couple tries to cross underwater. Then when they reach the other side, their partner crosses to the starting points. Like relays, replacement of each other's places. They can do kicking to move underwater, either floater kick or breaststroke kicks. If they need to go to the surface of the water to take a breath, they must take a breath and return to glide underwater again with kicking until they reach the other side.

GAME 94.

GAME 95.

DIVERS

Goal: To train students in kicking underwater and sculling.

Equipment: Goggles and flippers (fins) if possible.

Number of players: Any number.

Strategy: The instructor shows players the kicking underwater using fins. Then they sit on the edge and push the wall together to swim underwater toward the instructor, like divers when they follow the leader underwater. By holding their breath, they exhale from both their nose and mouth slowly.

Modifications: The instructor can swim underwater and players try to tag him/her. They can do a race for the farthest distance underwater.
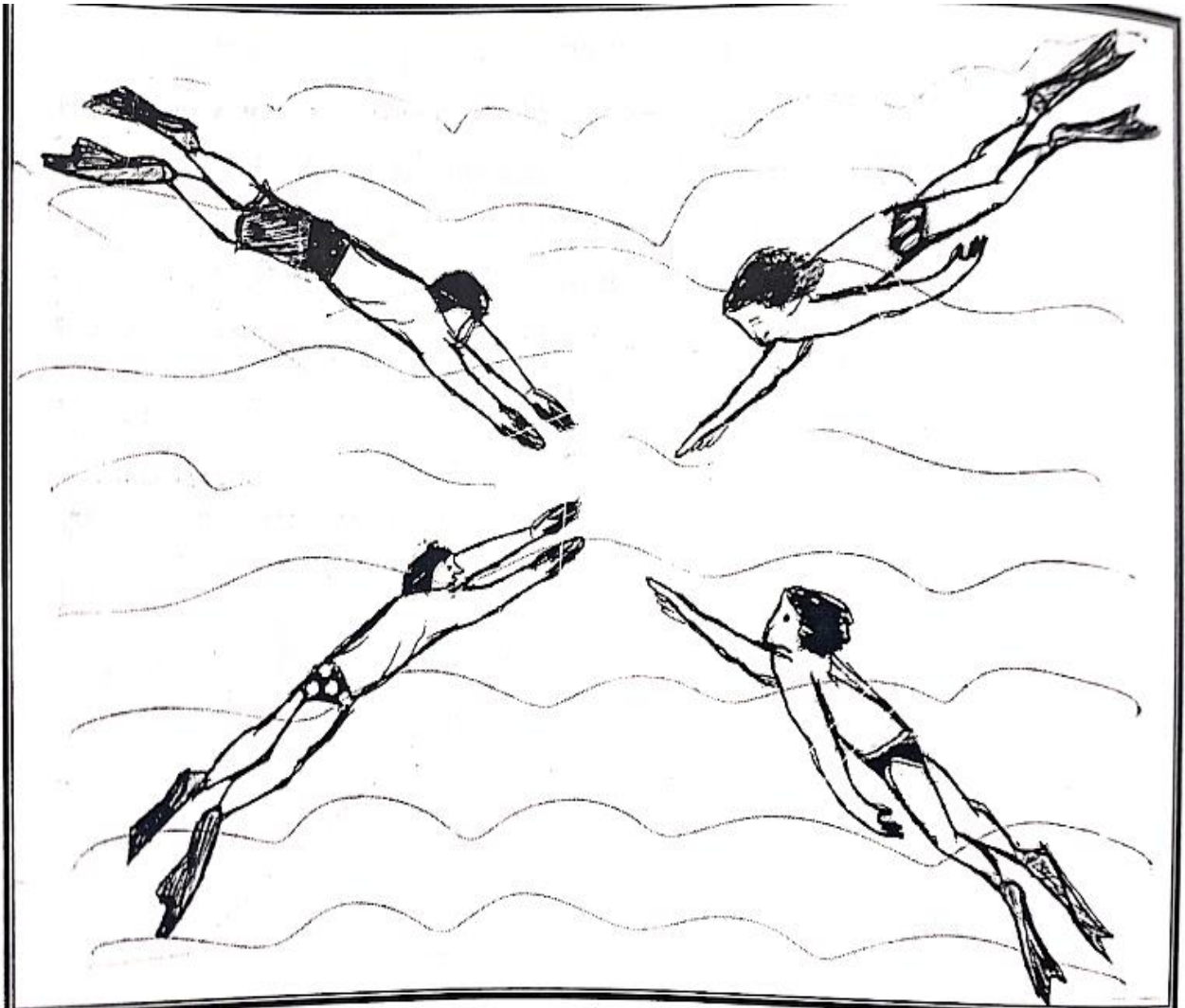
GAME 95.

GAME 96.

LONG PULL, TO CROSS THE POOL

Goal: To train students in swimming underwater.

Equipment: Goggles.
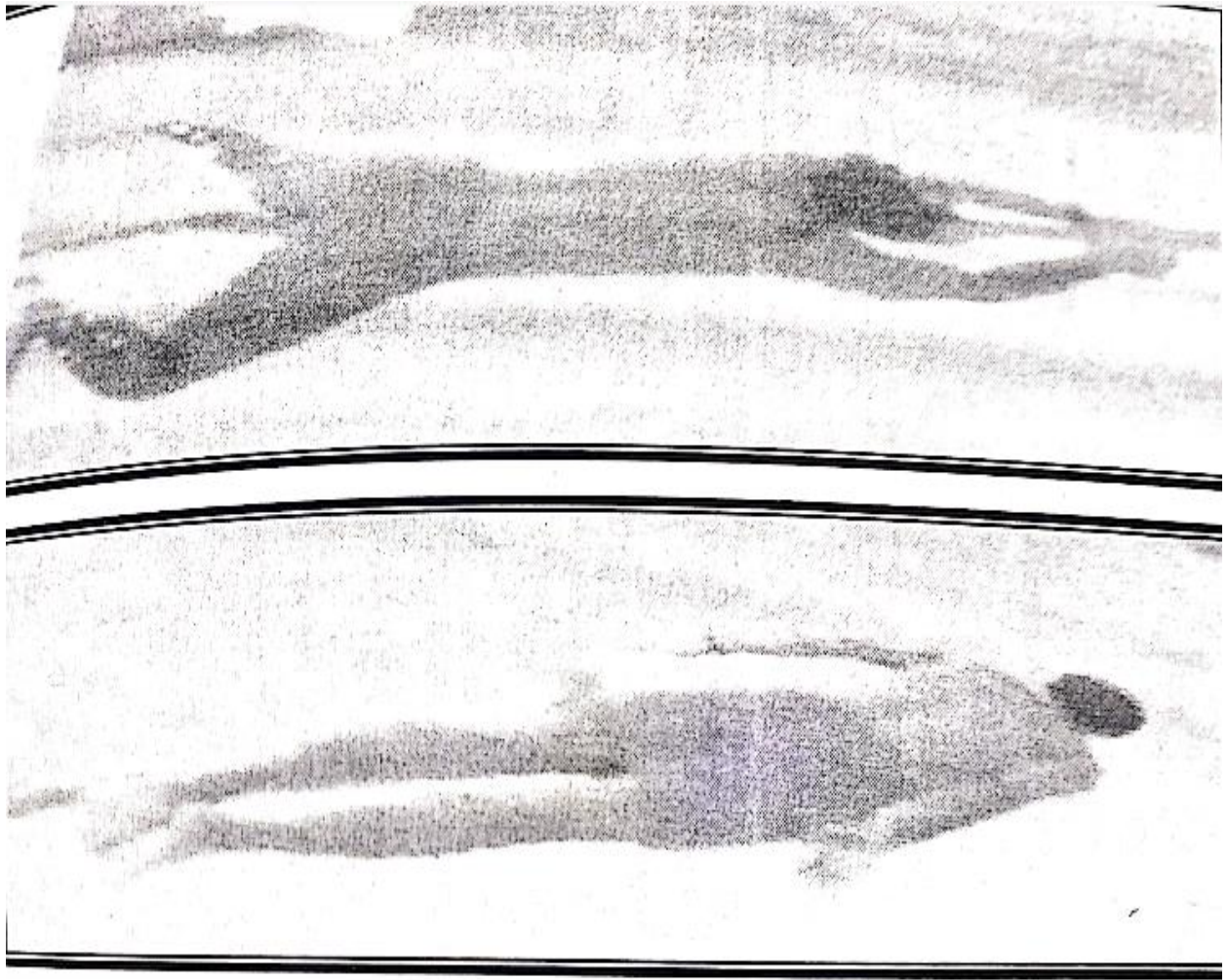
Number of players: Any number.

Strategy: The instructor shows the arm action for the long pull. Then they do it out and in standing on the deck, then floating and finally from submerging underwater. With breaststroke kicks, one arm then one kick.

Modification: They can do races among teams. The instructor opens his/her legs and they try to cross between them, like a tunnel.

GAME 96.

GAME 97.

TUNNEL

Goal: To train students in swimming underwater.

Equipment: None.

Number of players: Any even number.

Strategy: The instructor splits players into two teams. They stand against the wall in chest deep water. The first player in each team stands about 5 yards from the team, faces them and opens his/her legs. When the instructor starts the game the second one of each team pushes the wall and swims underwater to enter between the first players legs and continues to 5 more yards to stand and legs. Then the third one swims underwater between the first and second partner and swims 5 more yards and opens their legs, and so on. When the last player of each team swims underwater and through to the end. The first player changes direction to swim underwater between the legs of

the second, third, fourth, etc. until each team crosses the width of the chest deep pool two or three times. They can use floater kick and they can use long pull arms or breast or alternate arms action to move open their underwater.

GAME 97.

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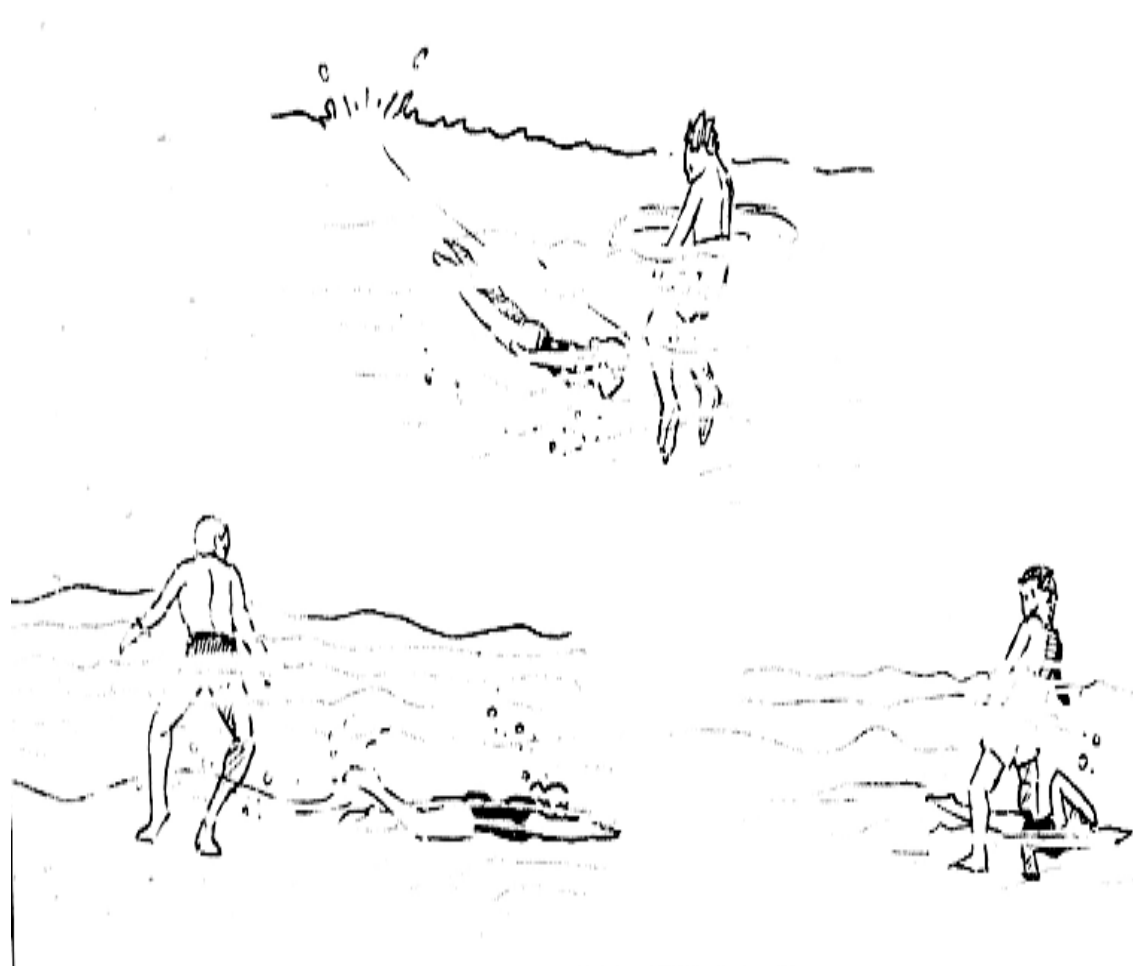
GAME 98.

TOUCH THE BOTTOM

Goal: To train students in diving feet first surface dive in 6-9_feet deep water.

Equipment: None.

Number of players: Any number.

Strategy: The instructor shows players the arm action to this dive by doing it many times slowly. Then players try to do it many times by assistance from instructor, then independently. Instructor and players move to the 9 feet deep water and try to touch the bottom of the pool with their feet by using surface dive, feet first.

Modifications: They can dive together in circle around instructor. They can try to retrieve some sinking equipment with their feet. They can also use a ball between their thighs to go down and up, by lifting their arms to go down and the ball will raise them up again.
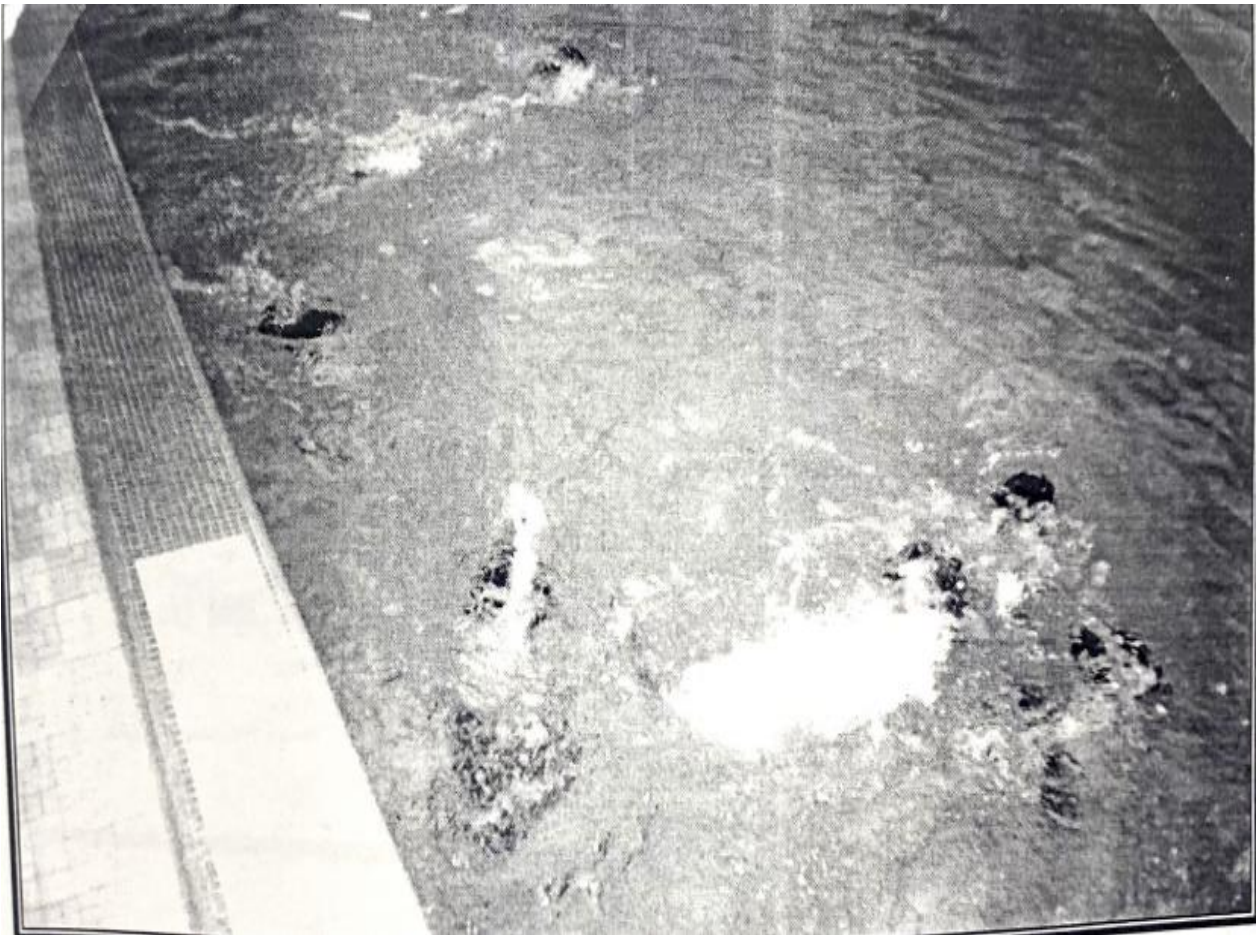
GAME 98.

GAME 99.

PLEASE, DOLPHIN BRING ME THE BALL

Goal: To train students in kicking dolphin.

Equipment: Plastic balls.

Number of players: Any number.

Strategy: The instructor asks players: Who can do the dolphin motion in the water? Then she/he gives advice to students to better their skill. Straighten your arms forward, or put them near your body, move your waist up and down, you can flipper your feet like dolphin fins and put your head down to exhale underwater.... Then the instructor gives each player a plastic ball and asks them to push the ball with their heads from side to side of the pool. Like a dolphin when it pushes things to shore.

Modifications: They can do the game as a race to cross the pool first. They can do the game as a relay between two teams, using one ball for each team.

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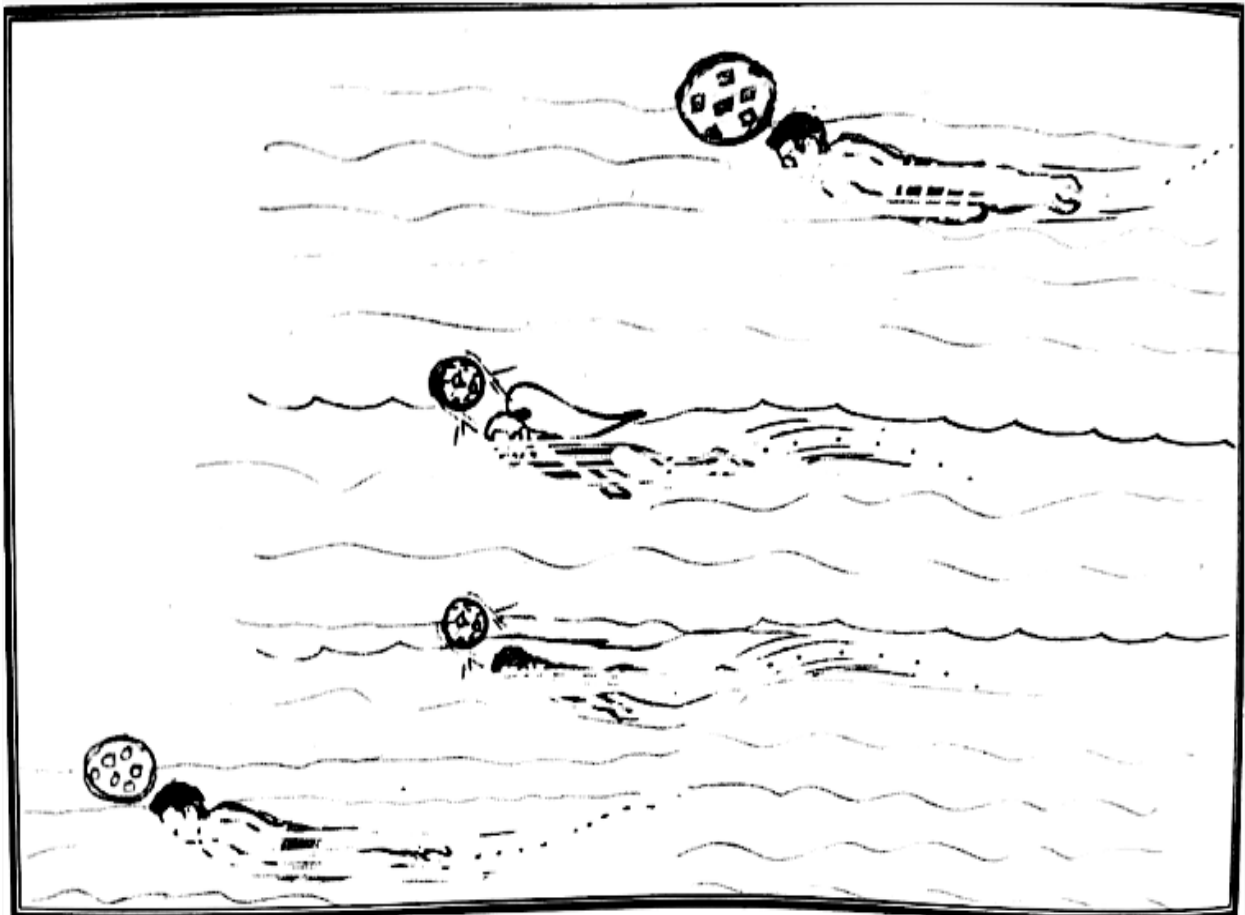
GAME 99.

GAME 100.

BACK, FRONT, RIGHT, LEFT

Goal: To train students in kicking dolphin.

Equipment: Fins if possible and Kickboards.

Number of players: Any number.

Strategy: Players try to swim dolphin kicks on their backs for 10 seconds. Then they try to swim dolphin kicks on their right side for next 10 seconds. Then they try to swim dolphin kicks on front, then on left side.

Modifications: The instructor can do 4 races among them. One on each position by crossing the width of the pool. Also, they can do this with kickboards. ... or without fins.
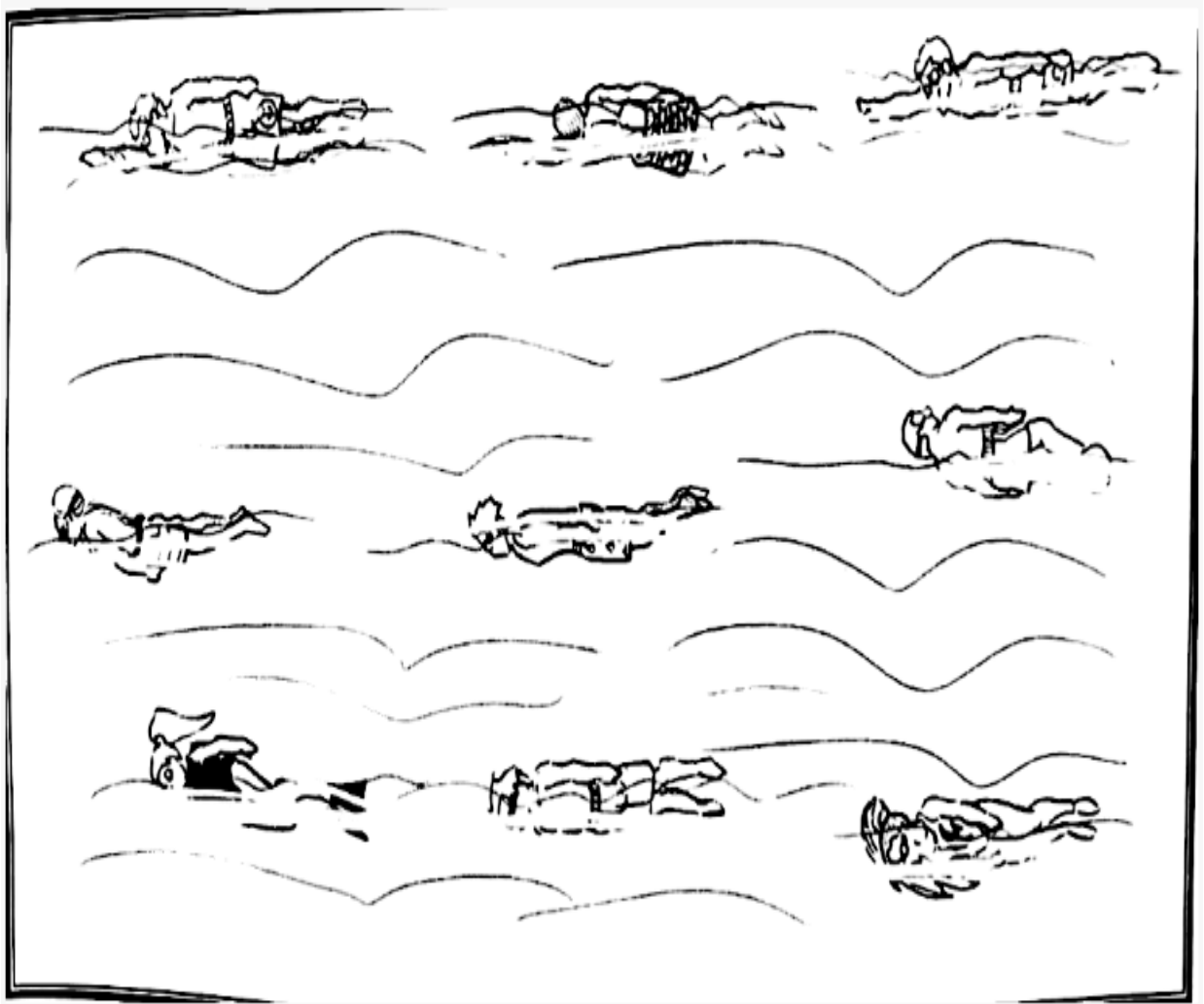
GAME 100

GAME 101.

DOLPHINS

Goal: To train students in swimming underwater by kicking dolphin and waving the waist up and down.

Equipment: Some sinking equipment or coins, goggles, boards.

Number of players: Any number.

Strategy: The instructor shows the players dolphin kicking, then they do it. The instructor throws the coins in 5-6 ft. deep water and asks players to collect them by using dolphin kick to swim underwater to reach the coins.

Modification: They can try to imitate the dolphin when it comes from the deep to the surface under the floating board and push it to the edge.

GAME 101

GAME 102.

HUNTING

Goal: To train students in using dolphin kick within moving in the water.

Equipment: None.

Number of players: Any number.

Strategy: In deep water end of the pool, by width, one player will be the hunter and the rest of the players try to keep away from the hunter. They can use any kick or stroke but the hunter must use only the dolphin kicks. When the hunter tags any player, this player will be a hunter too, and both of them try to catch or tag one-by-one. Only the hunters use dolphin kick without arms, but the rest can swim whatever they want.
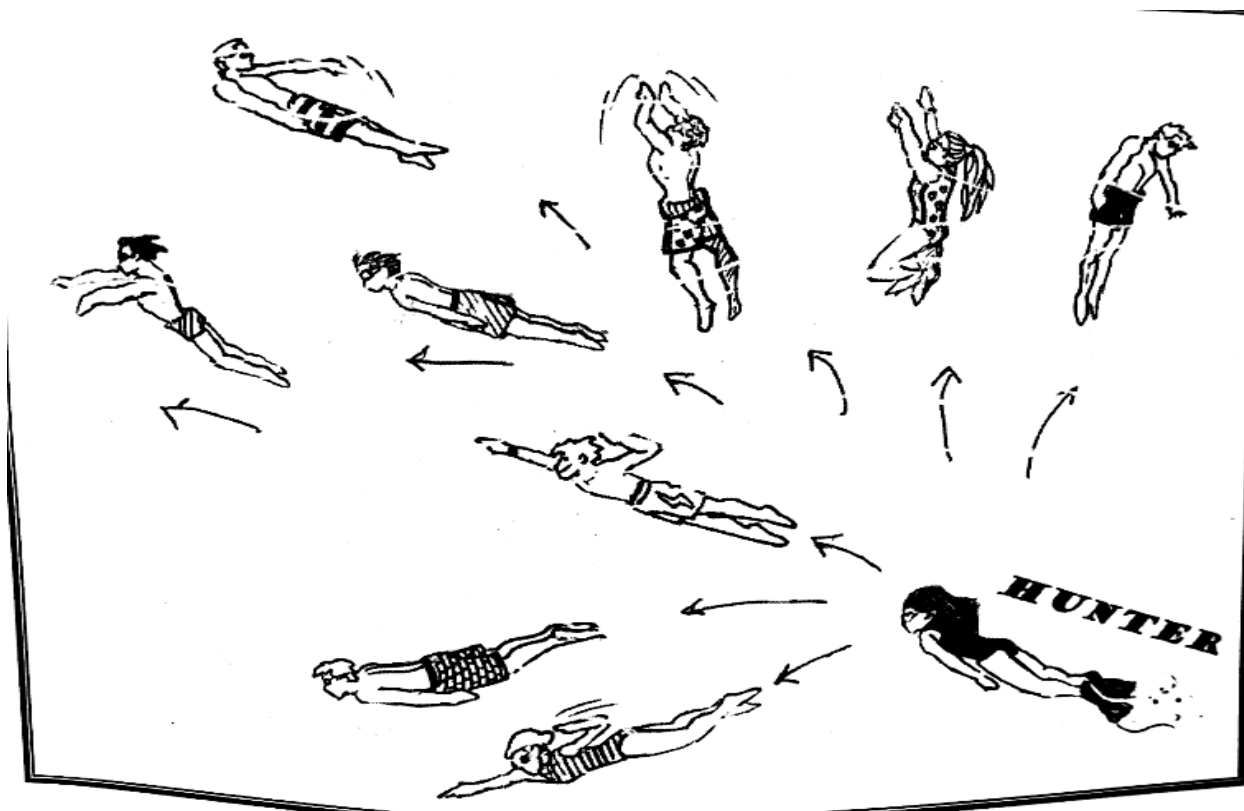
GAME 102

Chapter 3.

The Advanced Level

In this chapter, games try to improve all the swimming strokes to be proficient and improve all the skills to be advanced.

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Dolphin is the Symbol of the Advance Level 3.

The Advanced Level involves these skills:
* The ability to swim 200 yards Freestyle, 100 yards Backstroke, 50 yards Breaststroke, and 50 yards Sidestroke without stopping.
* The ability to swim 25 yards Butterfly without stopping.
* The ability to do different kinds of starts and turns.
* The ability to swim 400 yards continuously in any stroke.
* The ability to tread water for 5 minutes.
* The ability to swim 100 yards Individual Medley.
And the ability to Combined skills.

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GAME 103.

CHALLENGE

Goal: To train students in swimming continuously from 25-yards to 100-yards, any stroke or kick.

Equipment: None.

Number of players: Any number.

Strategy: The instructor motivates players to do a challenge of swimming100-yards without stopping on their fronts or backs, whether swimming or kicking only and without racing. This is just to see if they can do it or not.

Modifications: The instructor can do heats among players. For instance: Use 8 players - 2 at each lane and start with 25-yards, free, back, breast, or sidestroke. When all of them are finished, they can rest and then do 50-yards and so on. Also, swimmers can circle 2 or more in each lane. The best player is the one who can swim 100-yards correctly and without stopping.

GAME 103.

GAME 104.

TEST YOUR ABILITIES

Goal: To train students in swimming continuously for 200-yards free, 100-yards backstroke and 50- yards breaststroke.

Equipment: None.

Number of players: Any number.

Strategy: Players in this level are supposed to know how to swim freestyle, backstroke, breaststroke and sidestroke. The instructor will test their abilities to swim 200-yards free. They go down one lane and back in the next lane for 8 lengths in a 25-yard pool. They can then do the same thing, but for 100- yards backstroke, 50 yards-breaststroke and sidestroke.

Modifications: The instructor can make races if they have more lanes. Also, races can be done between 2 players each time. They can also do all distances in one lane, one-by-one in a circle.
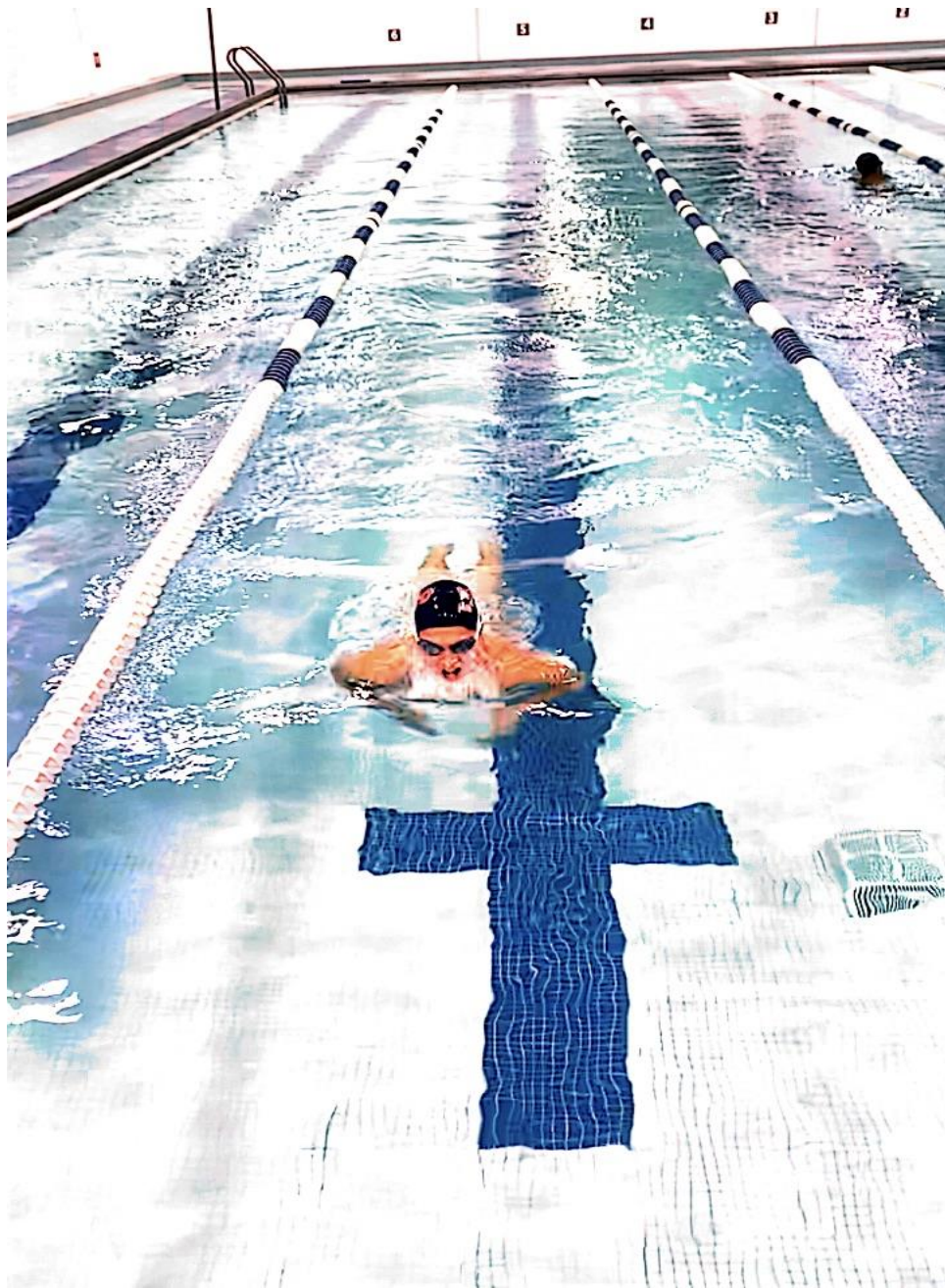
GAME 104.

GAME 105.

SWIM- KICK-ARMS-WALK

Goal: To train students in changing from swimming to kicking, from kicking to arms, and from arms to making a handstand to get out of the pool and walk to the other end. This is like a training set to improve their abilities to swim 500-yards continuously.

Equipment: Kick boards and pull buoys.

Number of players: Any number.

Strategy: Instructor lets players practice their swimming, kicking and arms, by letting them swim free for 1. length, kicking for 1. length, arms for 1. length, and then they will get out from the pool and walk to the other end. This set is 4 lengths, and they will swim in a circle in one or two lanes.

Modifications: They can do 3 sets, first is free, second is back and third is breaststroke. Then they can repeat it. Instructor can have a race to score the longest distance in limited time. For example, she/ he gives them 15 minutes and then after this time she/he records how many sets/lengths/yards swimmer swam. They can also time each set separately. For instance: Free set - the player who records the best time will be the winner. This can be done by racing 2 players at a time in heats. They can then do a backstroke and breaststroke set. The instructor can make a league among players. For example, if they race among 8 players, the first one will take 8 points, the second 7 points, the third 6 points, and so on. After all of the sets, the instructor counts who the best one is and so on.

GAME 105.

GAME 106.

STARTS

Goal: To train students in diving from the edge to the deep. water to teach them the starts in freestyle and breaststroke.

Equipment: Plastic floating circles.

Number of players: Any number.

Strategy: First, players sit on the edge of the pool and bend their upper bodies down by putting their heads between their arms. They then dive into the circle in the water. Second, they try to push the wall by their feet and straighten their legs. Third, they do the same action but the instructor moves the circle a little farther each time. Finally, they try to do the action without the circle while straightening their bodies and arching their backs after they enter the water.

Modifications: They can do the start from sitting, track start, or standing. They can do the start with gliding to further distances from sitting, track start, or from standing. They can also do some races by using the width of the pool by starting with a dive together from one side to the other. The instructor can time 25-yards with a start for each player whether one-by-one, couples or groups Also, they can do the starts together from the edge or on the block starting one-by-one. If all of them do it correctly in at least 9 feet deep water, the instructor can teach them to do it from 8 feet of water, and so on, with practice and careful assistance every time until they can do it by themselves.

GAME 106.

GAME 107.

TAKE YOUR MARK!

Goal: To train students in practicing starts on their front (freestyle or breaststroke) and on their back.

Equipment: Kick boards, plastic floating circles.

Number of players: Any number.

Strategy: The instructor tries to train players on starting in backstroke, breaststroke and free, so she/ he improves their ability to take off from the wall and fly into the air before they enter the water through the floating circle. When the instructor says take your mark, players standing in the water first hold the block in the lane, put their head between their arms and put their feet on the wall under the surface of the water. When the instructor says go, the players push the wall and raise their arms, with their head up and backward, with straight arms and legs, trying to enter the circle behind the head. The instructor adjusts the edge of the circle to let the player enter it easily by moving the circle. Players who did this start, swim back to the middle of the pool and get out to walk to the other end to do a start for freestyle. Players change places from end to end.

GAME 107.

GAME 108.

CARGO TRAIN

Goal: To train students in pivotal turning around the body in freestyle ("horizontal turning").

Equipment: None.

Number of players: Any number.

Strategy: The instructor demonstrates this pivotal turn by touching the wall with their right hand and turning around to their right side by the head and the right shoulder to be against the wall. They then put their head down with straight arms and pushes off the wall using (their feet, like a cargo train when it turns around. Players one-by-one try to do this turn with corrections from the instructor

Modifications: Each couple faces the wall about 5-yards away. Then the first player does the turn and touches the second player who will do it, and then repeat. Instructor also, can do races between each two players or groups, to swim 2 widths of the pool by turning or 3 or 4 widths.

GAME 108.

GAME 109.

YO-YO

Goal: To train students in turning their bodies around vertically.

Equipment: None

Number of players: Any number.

Strategy: The instructor does a somersault turn in the deep end vertically. Then he helps the players do it, whether by themselves or with assistance. He/she can help them by pulling their arms, carrying the players, or by pushing their legs to finish the somersault turn like the yo-yo.

Modifications: They can do it by pushing the wall, floating and turning. Also, they can do two somersaults around in the deep end. After they can do the somersault correctly in the water, they can face the wall and try to do the somersault against the wall, and lift their feet on the wall with assistance from the instructor. If they do it, they try to look down and straighten their arms while they push the wall by assistance from the instructor, who splits the turns into stages so it's easy to practice. Also, the instructor grasps the hand to give propulsion to the player to enter the turn fast and he tries to help the player put their feet at the right depth on the wall before they push off the wall.

GAME 109.

GAME 110.

THE TWO KICK BOARDS TURN

Goal: To train students in turning freestyle, the flip turn and the newest backstroke tum.

Equipment: Kick boards.

Number of players: Any number.

Strategy: Each player takes Two kick boards and enters the wall by doing freestyle kicking Then he/ she makes a half somersault turn by pushing the wall with his feet and floating onto his back.

Modifications: Also, they can do the turn and leave the two boards after they push off the wall to turn onto their fronts, and do some freestyle kicking Also, the instructor can push the player to the wall, while players float with straight arms until their hands touch the wall to make a flip turn. This is done by grabbing the water with two arms together while somersaulting the body to turn onto the back. He then puts his feet on the wall and pushes off the wall while turning onto his front with freestyle kicking in the streamline

position. Also, they can do the same flip turn by swimming to the wall after pushing off the wall and turning their body onto the front to complete the turn on their front. Also, they can do backstroke until the mark that the instructor shows them. They can do breaststroke to the mark the instructors show them turn on front to do half-turn to push the wall on back and swim again backstroke.

1

2

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3

GAME 110.

GAME 111

DOLPHIN JUMP

Goal: To train students in entering the water by ones and head like a dolphin. Also, to train them to feel the one wave motion of the body.

Equipment: Plastic circles, fins.

Number of players: Any number.

Strategy: Instructor shows players from standing in chest-deep water, how the dolphin comes from down to up by pushing the bottom of the pool and jumping in the water with hands extended together and the head between arms. The instructor jumps in and shows that the whole body follows the hands, players then follow him or her.

Modifications: They can do the same skill with touching the ground by hands and standing up to push the bottom by feet. Also, they can

jump in a circle to do the same skill or they can jump in few circles continuously. Also, they can do the same skill by using fins, whether in circles or touching ground or just the dolphin skill. Also, they can do the same skill by crossing the pool in chest-deep water or up to 5- or 6-feet deep water.
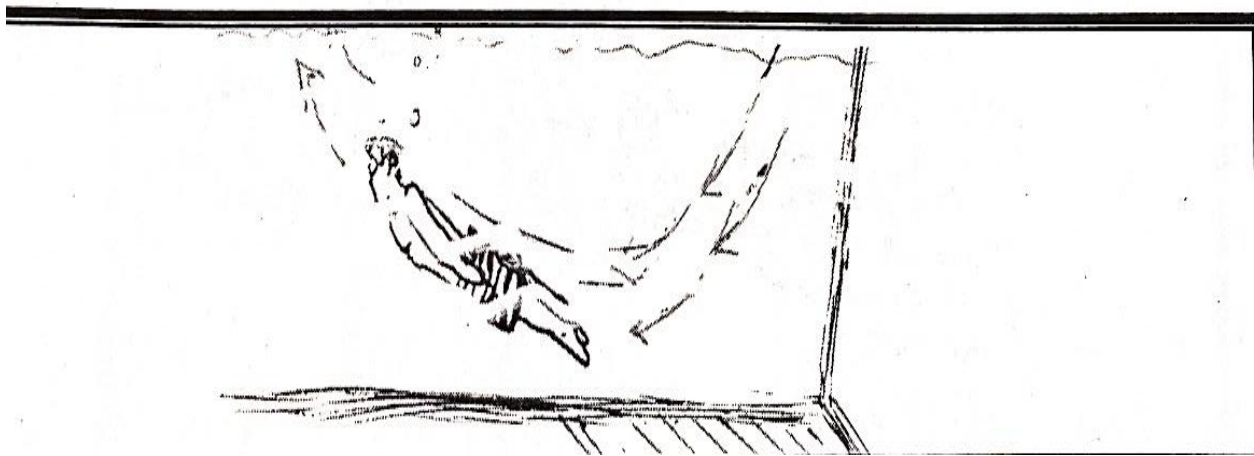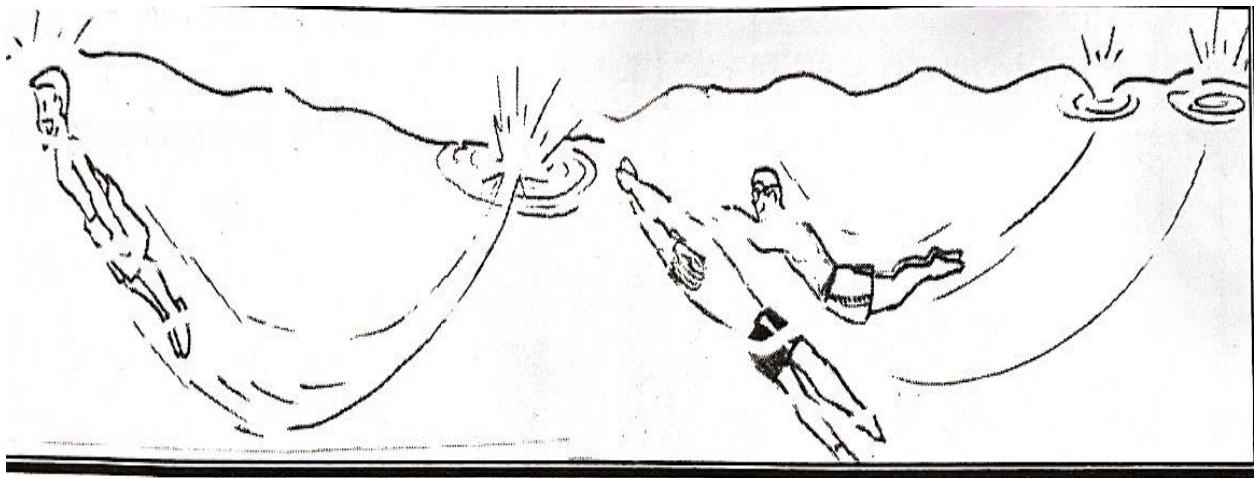
GAME 111.

GAME 112

THE CANOE

Goal: To train students in doing the arm action for the butterfly or dolphin stroke.

**Equipment:** Workout floating mats, buoys, and noodles.

Number of players: Any number.

Strategy: Instructor shows players how to do the arm action of the butterfly stroke without breathing and without kicking. Then she/he carries the players one-by-one to do this skill. Then they do it by using noodles under their thighs or legs.

Modifications: They can use workout-floating mats to do this skill. Also, they can use the pull buoys between their thighs to do the arm stroke of the butterfly. Instructor can show them the breathing by raising the head up to the chain after the end of the arm pull action to inhale and enter water quickly before the arms enter the water. They can do the breath each one or

two or three arm strokes. They can do the same skill with races to cross the width of the small They can do the same skill with kicking free or breaststroke kicks. They also can do two breast stroke kicks with one arm stroke butterfly by kicking once in entering the arms into the water. The second while the release of the hands to exit from the water after pushing.
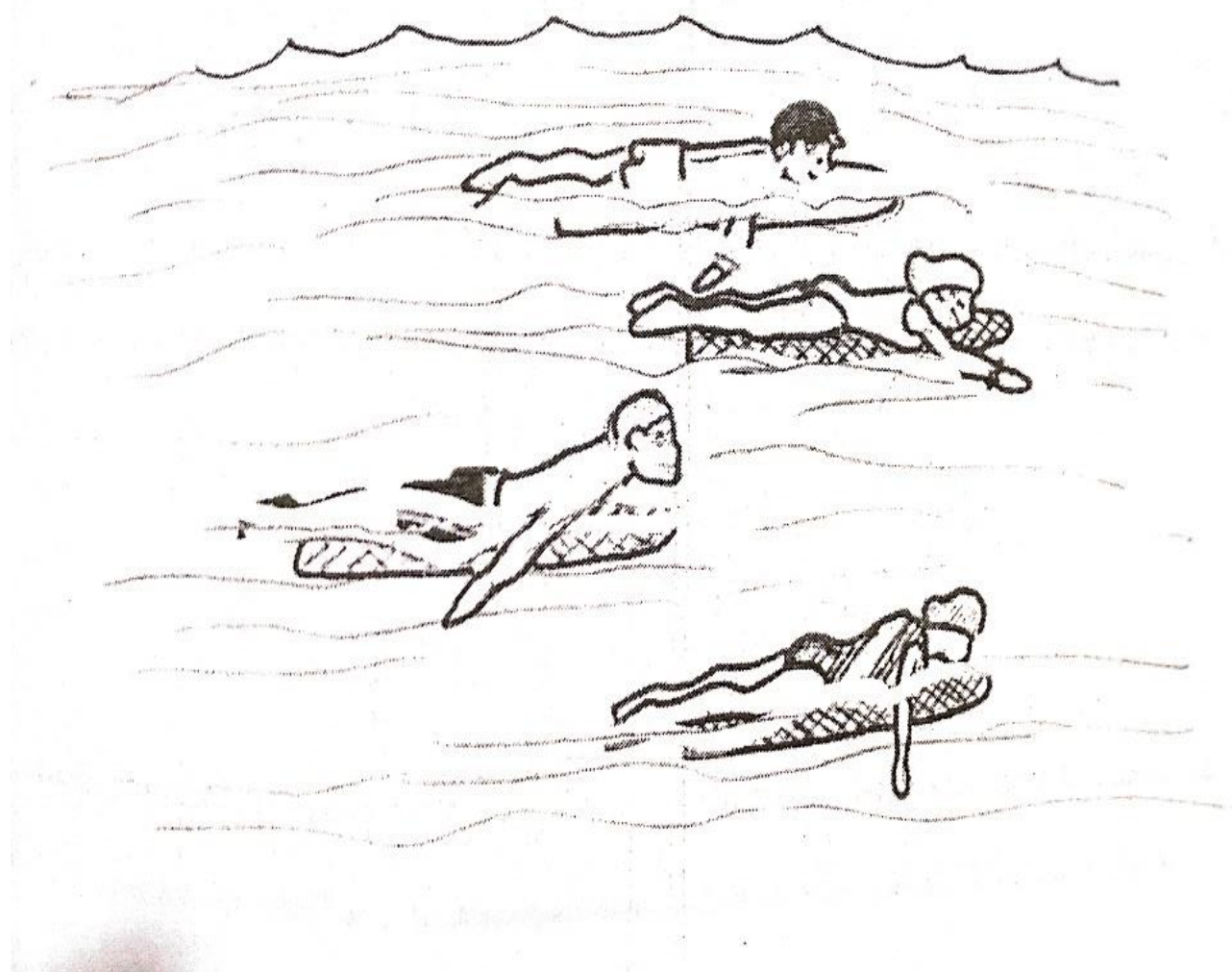
GAME 112.

GAME 113

THE REAL DOLPHIN

Goal: To train students in swimming the real dolphin stroke.
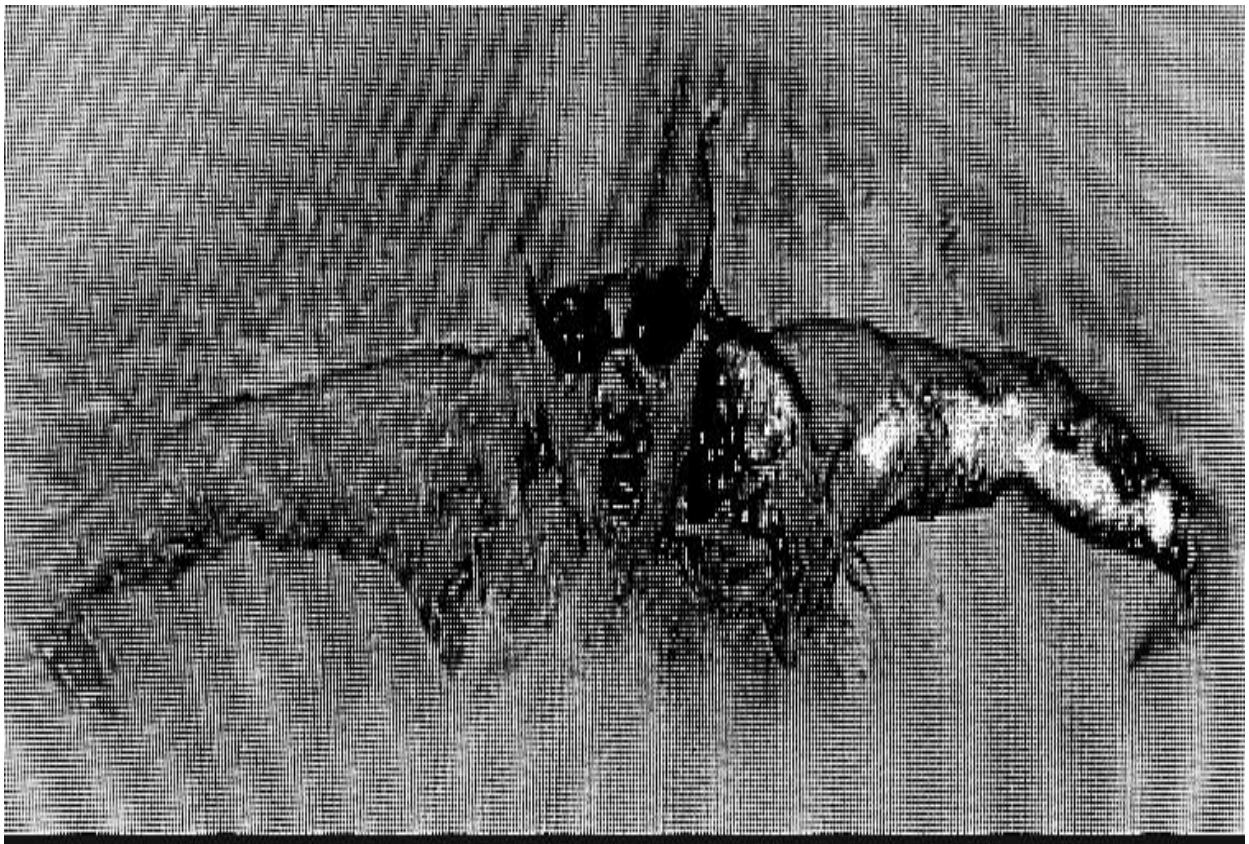
Equipment: Fins.

Number of players: Any number.

Strategy: Instructor tries to combine dolphin kicking with the arm action of the butterfly by doing a demonstration slowly. Using one arm and one dolphin kick to show them the timing, when she/he is kicking while the arm is pulling the water and raising the head to take a breath. Players try to do it with continuous correction from the instructor.

Modifications: They can try to do one kick with the beginning of the arm pull and the second with the end of pushing or the beginning or exiting of the arms from the water. They can do the same dolphin by using fins. They

can do races by width or length of the pool and relays of dolphin or medley or mixed relays.

GAME 113.

GAME 114

COMPETITIVE STROKE

Goal: To train students in swimming the individual medley races and relays.
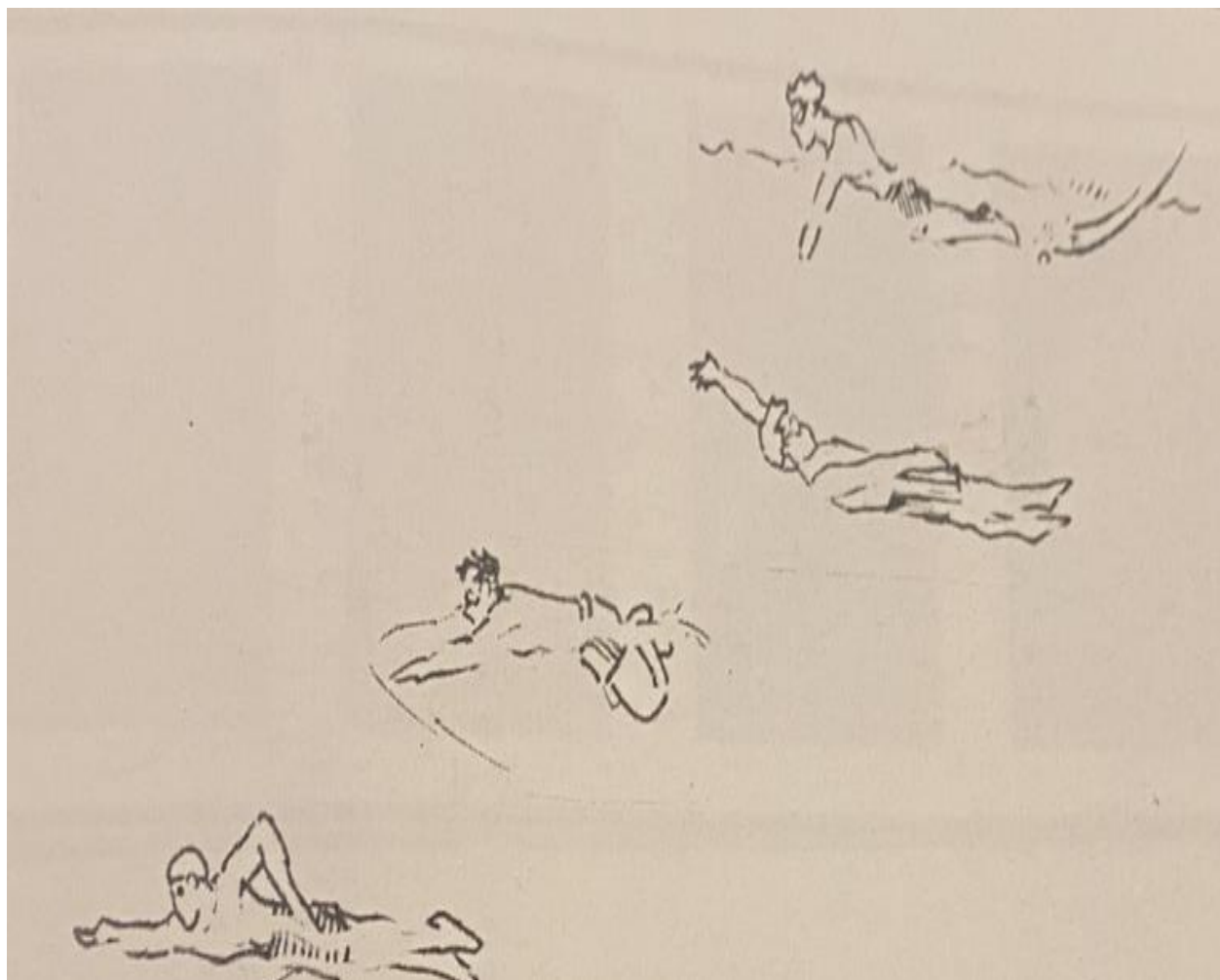
Equipment: None.

Number of players: Any number.

Strategy: The instructor shows players the 4 kinds of strokes in order, so she/he swims by the width of the pool in the following sequence of strokes: One width Butterfly stroke One width Backstroke One width Breaststroke One width Freestyle Players swim fly together to the first width and stop until everyone finishes, and the second width back.

Modifications: The instructor can do a race among them for four widths of the pool or 4 lengths of the pool. Also, they can do a relay between

two teams if there are 8 players. The first player of each team swims back. Then the second swims breast.

GAME 114.

GAME 115

WALL ATTACK

Goal: To train students in turning breaststroke and butterfly stroke.

Equipment: None.

Number of players: Any number.

Strategy: The instructor makes many demonstrations slowly of both turns, then players practice. Players do the turns like an attack, come fast and do the turn and go fast but correct.

Modifications: The instructor can do timing for swimming two widths or lengths breaststroke or dolphin for all players and see who has the best time. They also can do a relay of breast or dolphin by diving. Each player swims two widths breast, then they can do it by swimming dolphin. Also, they can make the first player swim two widths and the second player swim two widths breast, then they change.

1 TOUCH THE WALL

**2 MOVE ONE ARM DOWN (ELBOW YOUR BROTHER)
AND OTHER ARM UP (CALL YOUR MOTHER) WHILE YOU
SWIP YOUR FEET TOWARD THE WALL**

3 PUSH THE WALL WITH STREAM LINE POSITION

GAME 115.
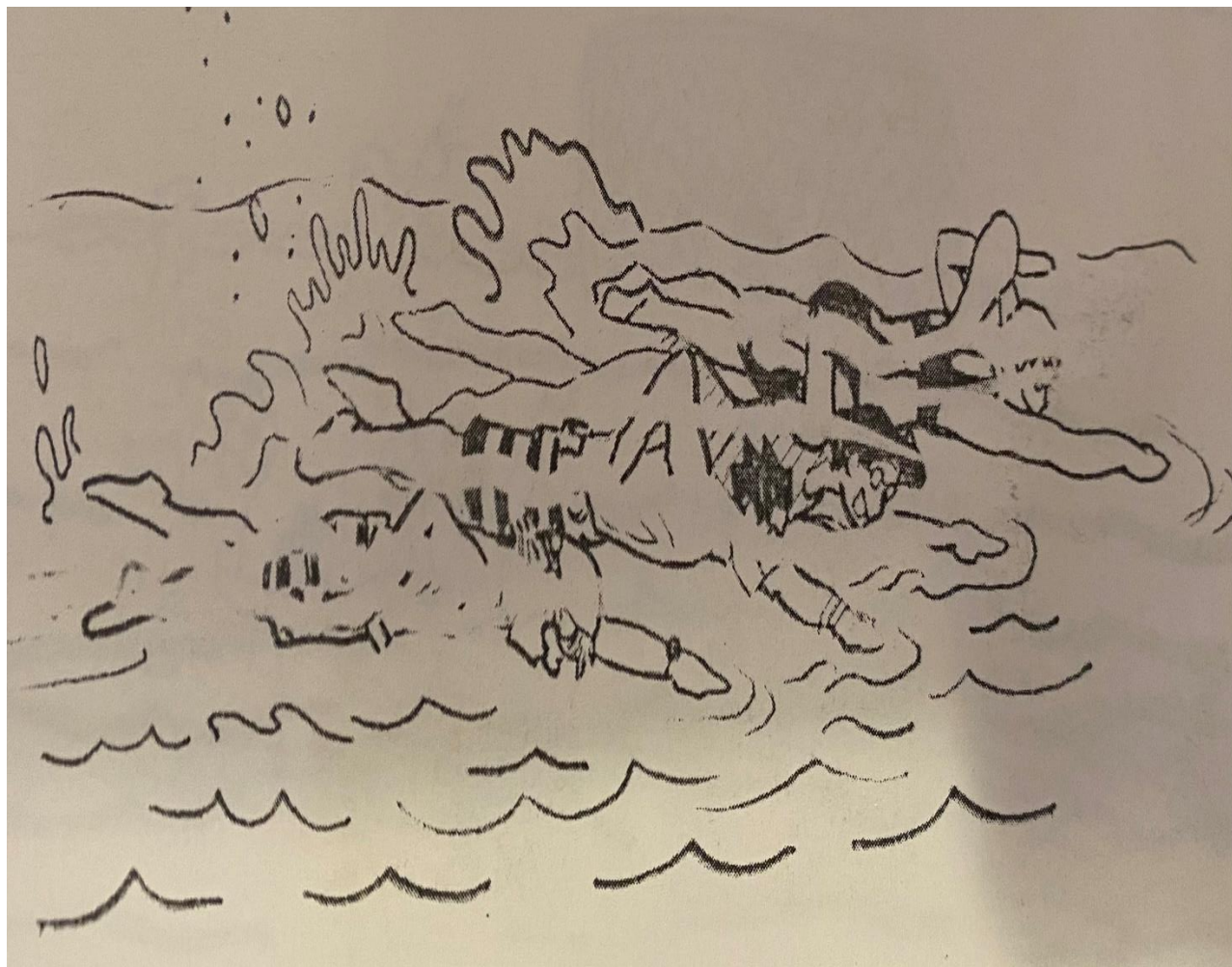

GAME 116

THE COMPLETE SWIMMER

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Goal: To train students in turning and swimming individual medley.

Equipment: None.

Number of players: Any number.

Strategy: Instructor teaches players all the kinds of turns in medley races, then she/he does races among them by width. Then by length of the pool. Whether standing or from the water. Each player swims one length or width from 4 strokes. For example, each player swims 4 lengths of the pool, the first fly, second is back, third is breast and the fourth length is free.

Modifications: Also, every player can swim two widths or lengths of the pool each kind of stroke and do the turns.

SWIM THE 4 COMPETITIVE STROKES

GAME 116

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GAME 117

WATER POLO GOAL

Goal: To train students in treading deep water at least 5 minutes.

Equipment: 2 goals and nets for water polo and balls.

Number of players: Any even number (6-14 players).

Strategy: The instructor makes a game of water polo between two teams for 5-10 minutes in deep area.

Modifications: The instructor can spread players in the deep area of the pool. Each couple has a ball and tries to pass the ball between each other for 5-10 minutes with one hand or two hands like volleyball. They can also swim or kick for 5-10 minutes without ball in the same place or back and forth in limited area of the deep water.

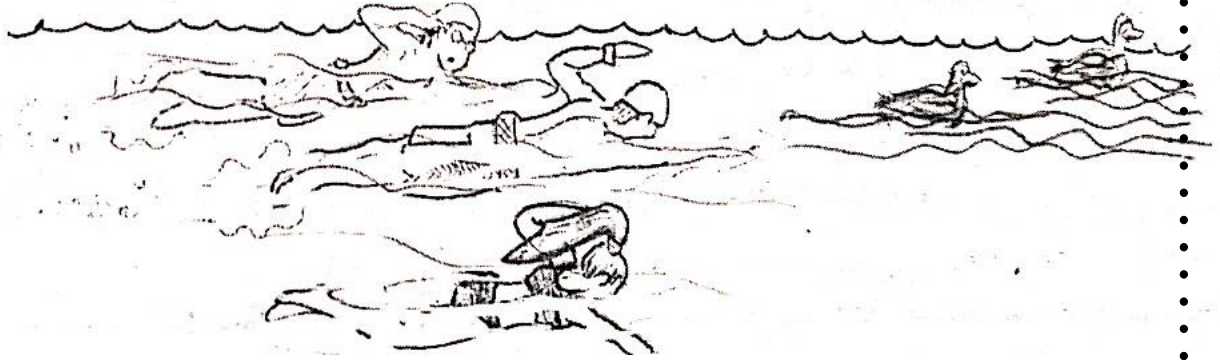**GAME 117.**

GAME 118

CATCH THE DUCK

Goal: To train players to spend a lot of time swimming in the deep end and underwater.

Equipment: A real duck.

Number of players: Any number.

Strategy: The instructor puts a real duck in the pool and asks the players to try and catch it. The player that catches the duck first wins.

Modifications: They can try to catch 2 ducks at the same time. Also, they make one player of each team try to catch the duck in 5 minutes. Then the other two players try for 5 minutes, and so on.
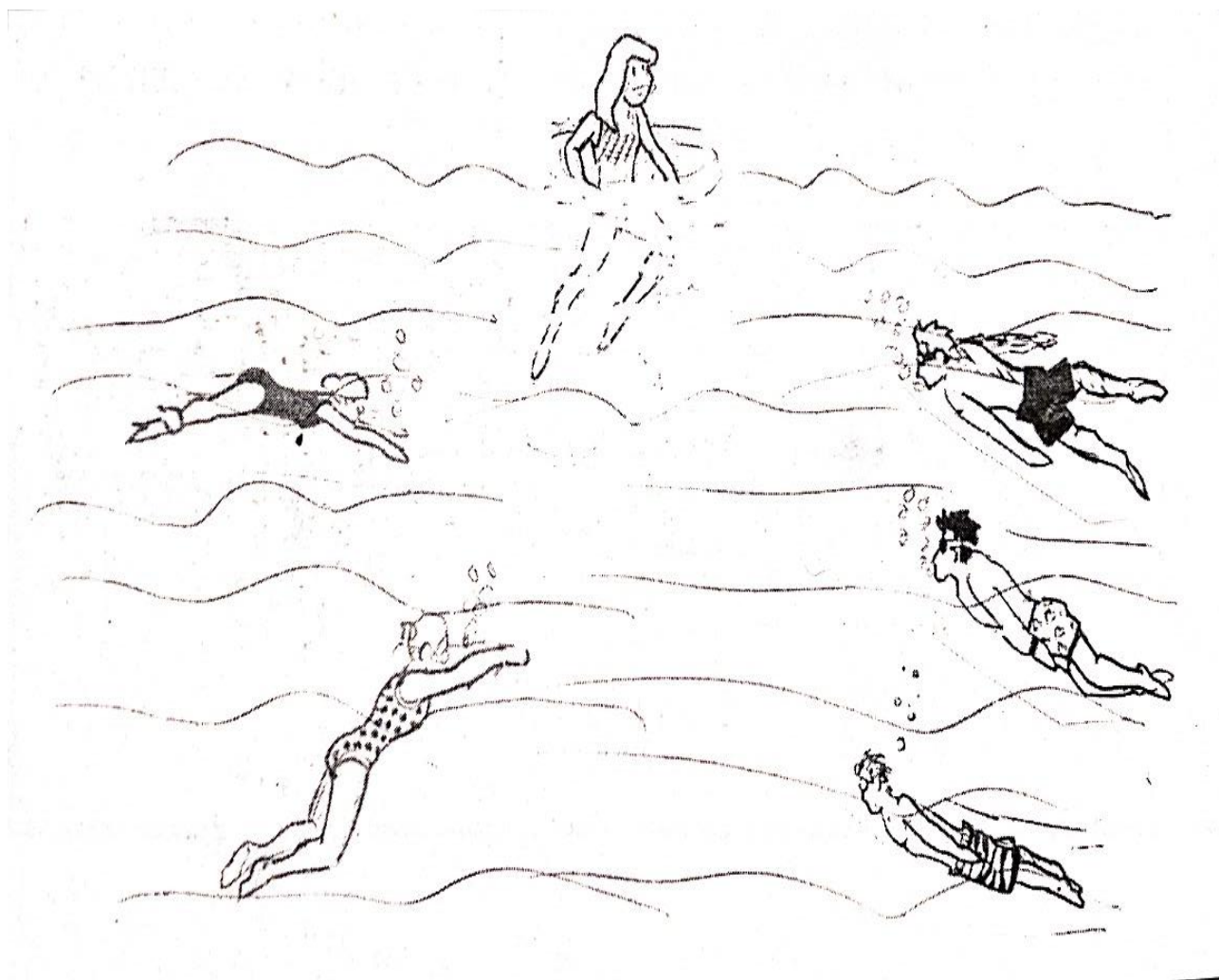
GAME 118.

GAME 119

TAP ME

Goal: To train students in starting from the deck and swimming underwater.

Equipment: None.

Number of players: Any number.

Strategy: Players stand or sit on the deck of the deep end from both sides. The distance between each player in the same team on each side is about 2 yards. One player or the instructor, stands in the middle between the two teams. When the instructor dives in the water, very quickly each one from both teams tries to tap him/her. The first one that taps the instructor is the winner and is the next to dive in from the middle. Repeat.

Modifications: Players can do the jumping or diving with head first as the front start to dive underwater and swim to tap the instructor or the one who replaced him/her. The instructor can also do this game by asking the diving player to dive very deep and ask the other players to use only dolphin kick to tap the diver underwater.

**GAME 119.**

GAME 120.

THE FIT SWIMMERS

Goal: To train students in many skills.

Equipment: Kickboards, pull buoys, and noodles.

Number of players: Any even number (8 players).

Strategy: Players stand in one end of 25-yard pool in two teams. Each team consists of 4 players. On the other side of the pool, on the edge, one kickboard and one pull buoys. With the starting signal, the first player of each team dives and swims fast to the other side to take the kickboard and return by kicking. Second player takes the board and kicks to the other side to put the kickboard on the edge and swim fast to the starting point. Third player dives and swims to the other side to take the pull buoys between his/her legs and does arms only to the starting point. Last player takes the pull buoys and puts it between their legs and dives in the water to do arms to the other side and put the buoys on the edge and swim quickly to the starting point. The team who finishes first is the winner.

Modifications: Players can do the same game in the deep end by sitting on a noodle and facing the edge. If the number of players is more than 8, they can do the game in three or four teams. Also, they can do this game with more equipment like hand-paddles or relay swimming by training suit or the bottom only, etc.
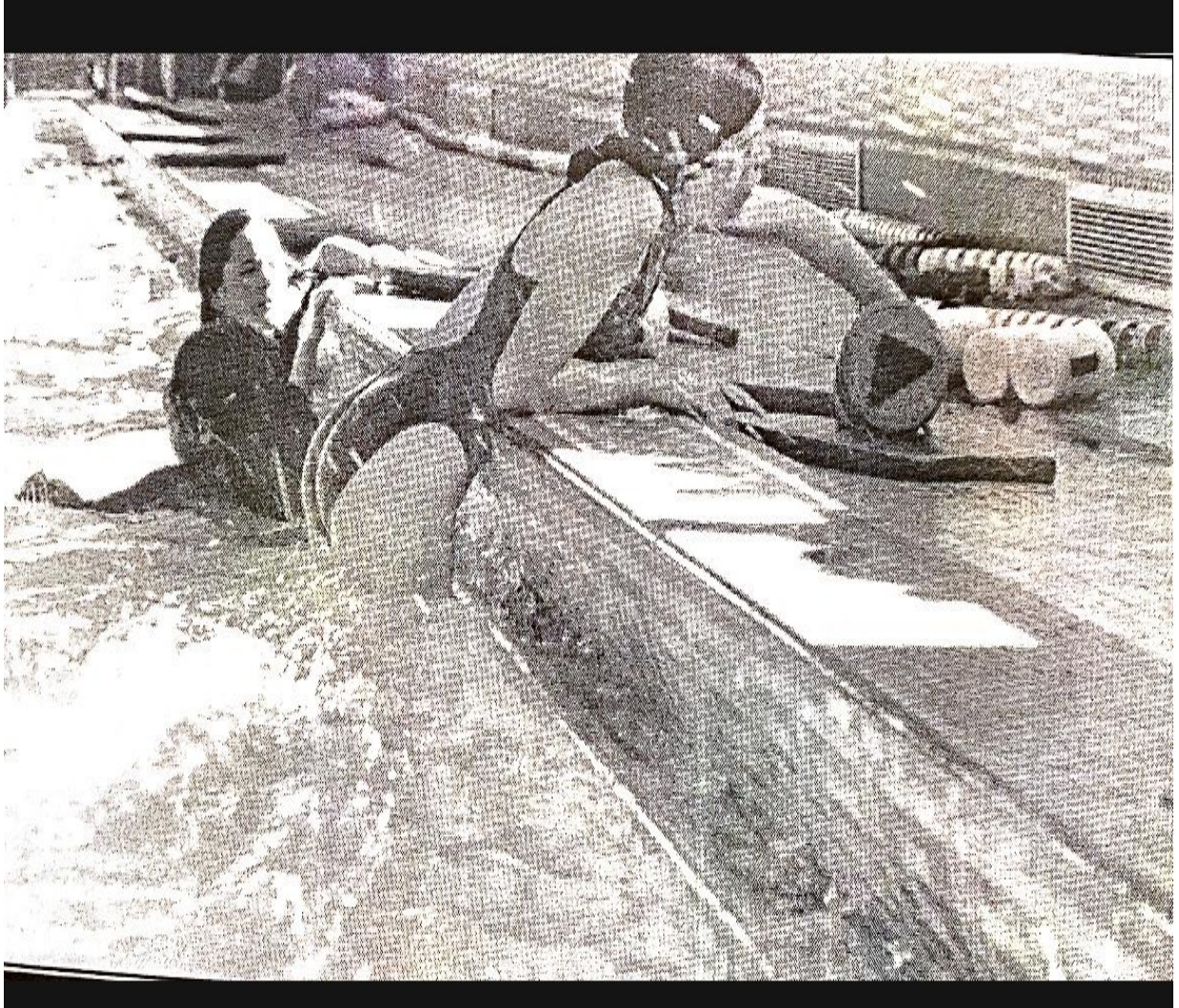
GAME 120.

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Former swimmer in Helwan University Swim Team – Egypt ,1979–1982.
Swim coach for junior swim team, Cairo Sporting Club, 1979–1983.
Swim coach for junior swim team, Gezira Sporting Club, 1983–1987.
Assistant coach for Egypt Junior National Team, 1986–1987.
Head coach of Saudi Arabia Swim Team, 1988–1993.
Head coach of Gezira Sporting Club, Egypt, 1994.
Head coach of Shooting Sporting Club, Egypt, 1995–1996.
Head coach of Heliolido Sporting Club, Egypt, 1997–1998.
Head coach of Cairo Sporting Club, Egypt, 1999–2000.
Teacher of Swimming and Methods of Teaching at faculty of Physical Education at Helwan University, 1982–1987.
Teacher of Swimming at faculty of Physical Education at Minufiya University, 1994–2000.
Lecturer in both Egyptian Swimming Federation and Egyptian Olympic Academy, 1995–2000.
Head coach participant in more than 50 International Swim Meets such as :
Barcelona Olympic Games – Spain , 1992, Asian Championship – Japan , 1992, Arab Championship – Egypt , 1989, Arab Championship – Syria, 1992, Geneva, Swiss, 1985–1986–1987, Germany, 1997, Turkey – Commonwealth, 1994, Casablanca – Morocco , 1989–1990–1992, plus 15 Championships in Arab Gulf Countries, Coach for Long – Distance and Handicap Swimmers in Manhattan Race for the River, 1998, and in Zurich , 1998,

Magdy Has 5 performer publications in Saudi Arabia and Egypt in swimming field; Coaching, Instructor Preparing Courses, Lifeguarding and Rescue Skills, and Planning in Swim Training from 1989 to 2000).

In the United States, Magdy has over 20 years of experience as Swim Coach at Eastern Athletic Clubs, Brooklyn, New York 2000–2002, Head Coach for Brooklyn College 2002/2003, Swim instructor and coach for Dolphin Swimming 2003–2005, Aquatic Director for YMCA 2005, Aquatic Director and Head Coach for ABBE Swim Team, The Boys' Club of NY 2005–2011, Owner for Family Swimming Center, Inc. since 2008, Owner and Head Coach for Nile Crocodile Aquatic Club-NCAC–2011 to current, Head Coach for New Settlement Community Center 2019 to current, Head Coach for SJCC in Connecticut since November 2020, Pool operator, Meet Director, and Admin official.

Magdy also, has 2 performer publications in Swimming in the USA, this book since 2002, but this is the Second Edition for 2020. And Swimming—Teaching, Coaching, Education, and Communication in 2020. Plus, a life story under Crazy Me! three of them on KINDLE, Amazon online books.

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