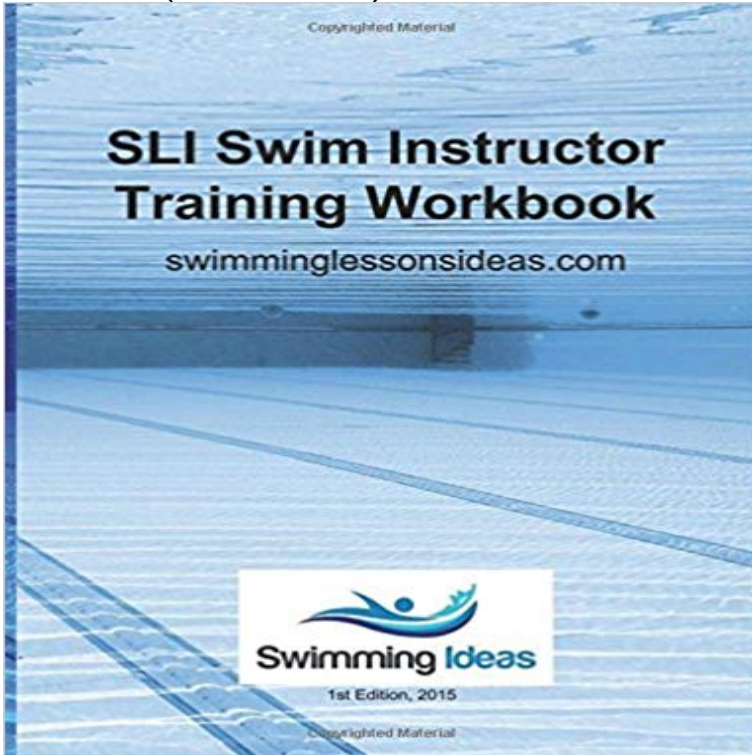


SLI Swim Instructor Training Workbook: Essential skills for swimming lessons (Volume 1)



SLI Swim Instructor Training Workbook Section 1 Every swim lesson season you train and retrain your staff. Returning seasonal employees get refreshed on their swim knowledge, and new members learn what streamlines are and why you do front glides before teaching side breathing. Take the confusion, long hours, and frustration out of you reoccurring swim staff training. Get the SLI Swim Instructor Training Workbook: Section 1 Swimming Ideas, LLC and Jeffrey Napolski are the driving forces behind www.swimminglessonsideas.com, the website all about making you a better swim instructor. Together they bring you the Swimming Lessons Ideas Swim Instructor Training Workbook. This book is used to train hundreds of new swim instructors every year. Get the print copy today, or download the digital version to print your own. In the workbook we break down the 15 essential swim skills ranging from going underwater and doing a supported front glide through learning the arms for breaststroke, teaching butterfly, and doing flip turns. Learn to do and teach everything in between. Solve that confused scared swim instructor and give them the knowledge to teach an effective class. This workbook includes the step by step progressions you should use to train someone in each of the 15 essential swim skills. Learn the script for initiating front and back glides, then learn how to hold a child to support them while promoting best swimming posture so you dont need to retrain them later on. When your staff all uses the same training workbook to learn swimming, and how to teach it, youll have standardized language. Your whole staff will speak the same way when teaching every skill, set up their classes in a logical simple to follow way, and will engage their students with command and mastery. Test your instructors retention and knowledge through 4 included worksheets.

When your staff works their way through this workbook they will use the pictures and text to learn each swim skill. Test your swimming understanding to prove you know why we teach things certain ways and what the benefits are. Your staff will be better teachers when they challenge their mastery of swimming skills. The SLI Swim Instructor Training Workbook Section 1 is designed to walk a large staff through a 1-2 day training period where you get in the water and do the activities in the workbook. Use the worksheets at regular intervals to gauge comprehension, and move through each skills progression from beginners to advanced swim team. Laminate or bring the book on the pool deck and use section 1s progressions and guides as lesson plans in your swim classes. Use this book to train your new and returning staff, and remove confusion and timidity in your swim program. Learn from the detailed pictures, description, and worksheets. Swim coaches can use this book to learn how to effectively run their developmental practices. Each essential swim skill gives you a way to do it in a large group, or in a smaller group lesson. Get the workbook now, train your staff, and improve your swim lesson program!

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