

Swimming Merit Badge Lesson Plan

1st Class (Pool)

BSA Swimmer Test	-	-	-	2	-	Sign Off
Practice Front Crawl & Sidestroke	-	-	-	3		
Reaching/Throwing Rescues	-	-	-	4	-	Sign Off

2nd Class (Pool)

Practice Breaststroke & Backstroke	-	-	-	3		
Show and Do Surface Dives	-	-	-	6	-	Sign Off
Floating/HELP and Huddle	-	-	-	5	-	Sign Off

3rd Class (Pool)

Practice Elementary Backstroke	-	-	-	3		
Show and Do Dock Diving	-	-	-	7	-	Sign Off
Allowed to do the 150 yards	-	-	-	3	-	Sign Off
Makeup for rings	-	-	-	6	-	Sign Off

4th Class (Pool)

150 yards (25 on Front Crawl, Sidestroke, Breaststroke, & Back Crawl) (50 on Elementary Backstroke)	-	-	-	3	-	Sign Off
Make up for any requirements						

5th Class (Pool)

Make up for any requirements

6th Class (Lecture)

Safe Swim Defense and First Aid	-	-	-	1	-	Sign Off
Explain Aerobic Exercise	-	-	-	8	-	Sign Off