

Lesson #1 of 6

| Notes / Time | Activity / Topic |
|--|---|
| 3 min | Stop Sign (Stop! Look! Ask!) |
| | <ol style="list-style-type: none"> 1. Hold up a stop sign and have swimmers stop at the water's edge. 2. Now have them tell you what they are looking for before they get in (caregiver, instructor, objects in water, people in the way). |
| 3 min | Entry Activities (Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> 1. Have caregiver use rhymes, jingles to enter the water. 2. Ask the student for permission to enter the water. Make sure they check for dangers. |
| 3 min | Face Wash (Play and Songs) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water and pretend they are eating a messy meal, such as spaghetti or chocolate ice cream. 2. Splash water on their hands as "soap" to wash their faces. 3. Have them use water to wash their faces. 4. Include instructions to wash behind their ears, under their chin, and on top of their head. 5. Ask them to rinse thoroughly. |
| 5 min | Water Spaniels (Weight Transfer in Shallow Water) |
| - <i>SINKNY TOYS</i> | <ol style="list-style-type: none"> 1. Sink objects underwater a short distance from the edge. 2. Have swimmers pretend to swim like a dog, face in the water, looking for buried bones, and swim back to the edge. 3. Swimmers retrieve the bones and swim back to the edge. |
| 5 min | Buoyant Objects (Buoyant Objects) |
| - <i>BOYANT TOYS</i> - <i>NON BOYANT TOYS</i> | <ol style="list-style-type: none"> 1. Divide the class into two teams and place a pile of buoyant and non-buoyant objects at one side of the pool. 2. Each team member takes turns moving through the water from point A to point B, bringing back one item that is buoyant. 3. The first team that collects the most buoyant objects is the winner. |
| 3 min | Banana Peel (Back Float and Recovery) |
| | <ol style="list-style-type: none"> 1. Have swimmers pretend to be a banana stuck to the edge, facing the wall, hanging on with hands, and feet up on the wall. 2. Swimmers slowly peel themselves off the edge, like peeling a banana, until they are flat on the surface. 3. Have swimmers choose other fruits that have a peel and repeat the activity. |
| 3 min | Bird's Wings (Front Float and Recovery) |
| - <i>WATER NOODLES</i> | <ol style="list-style-type: none"> 1. Have swimmers hold a buoyant object in each hand or under each arm. 2. Have swimmers make noises like various birds (quack, cluck, chirp) as they move or kick around the pool. |

Lesson #2 of 6

| Notes / Time | Activity / Topic |
|----------------------------|---|
| 3 min | Stop Sign (Stop! Look! Ask! & Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> 1. Hold up a stop sign and have swimmers stop at the water's edge. 2. Now have them tell you what they are looking for before they get in (caregiver, instructor, objects in water, people in the way). |
| 3 min | The Rules are Made (Facility/Site Orientation) |
| - <i>PICTURES OF RULES</i> | <ol style="list-style-type: none"> 1. Show three pictures of rules being broken and one picture of a rule being followed (or vice versa). 2. Have swimmers identify which picture doesn't belong and why. |
| 5 min | All Hands-on Deck (Buoyant Objects) |
| | <ol style="list-style-type: none"> 1. You are the captain of the ship and shout out orders. 2. Make sure the swimmers know what action to perform for each order: <ul style="list-style-type: none"> * Planes-everyone goes underwater. * Torpedo-everyone does a front glide with flutter kick. * Submarine-everyone sits on the bottom. * Dive for pearls-everyone picks up a ring from the bottom. * All hands-on deck -everyone swims as fast as they can back to the deck. |
| 5 min | Water Spaniels (Weight Transfer in Shallow Water) |
| - <i>SINKING OBJECTS</i> | <ol style="list-style-type: none"> 1. Sink objects underwater a short distance from the edge. 2. Have swimmers pretend to swim like a dog, face in the water, looking for buried bones, and swim back to the edge. 3. Swimmers retrieve the bones and swim back to the edge. |
| 3 min | Banana Peel (Back Float and Recovery) |
| | <ol style="list-style-type: none"> 1. Have swimmers pretend to be a banana stuck to the edge, facing the wall, hanging on with hands, and feet up on the wall. 2. Swimmers slowly peel themselves off the edge, like peeling a banana, until they are flat on the surface. 3. Have swimmers choose other fruits that have a peel and repeat the activity. |
| 3 min | Crayon Box (Back Glide with Kick 2m) |
| | <ol style="list-style-type: none"> 1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour. 2. Yell out different colors. Swimmers push off from the wall and glide when their colour is called. |
| 3 min | Starfish Float (Front Float and Recovery) |
| - <i>WATER NOODLES</i> | <ol style="list-style-type: none"> 1. Have swimmers practice their jellyfish floats. 2. Have swimmers practice doing their jellyfish floats as far underwater as they can. 3. Give each swimmer two buoyant objects to place under each arm. 4. Have swimmers begin to practice a front float recovery (swimmers perform a starfish then bend knees up, push down with hands, and lift head up). Have them practice repeatedly until this is automatic. 5. Have swimmers go back to practice underwater jellyfish floats. Have them practice spreading out like a starfish from the jellyfish float, then recover. |
| 3 min | Crayon Box (Front Glide with kick 2m) |
| | <ol style="list-style-type: none"> 1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour. 2. Yell out different colors. Swimmers push off from the wall and glide when their colour is called. |
| 5 min | Rocketship Pencil Sharpener (Roll-Over Glide Front to Back 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form into four teams of rocket ships (front glides/back glides/side glides/rollover glides) and give each team a formation to perform (i.e., star fan, straight line). 2. On your signal, the teams push off from the edge and kick in their designated glide formations. 3. Switch glide positions or colors. |

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| 3 min | Motorboat (Front Swim 2m) |
| - WATER NOODLES | <ol style="list-style-type: none"> 1. Have swimmers hold onto a water noodle or kickboard. 2. While you chant the rhyme, swimmers do the appropriate action: Motorboat, motorboat, kick so slow. (kick slow) Motorboat, motorboat, kick so fast. (kick fast) Motorboat, motorboat, step on the gas. (kick with splash) Motorboat, motorboat, run out of gas. (stop kick) 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal. |
| 5 min | Red, Yellow, Green Light (Kick on Front with Buoyant Objects 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form a line facing you. 2. Explain the signals: * Red light = stop and stand up * Yellow light = legs only * Green light = arms and legs 3. The swimmers must swim toward you and try to tag you. When they tag you, the game starts again. 4. You call the signals to the swimmers. |
| 3 min | Continuous Side Rolls (Roll Over Glide, Back to Front, 2m) |
| | <ol style="list-style-type: none"> 1. Review rolling from side to front and front to side. 2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow. 3. Have swimmers practice over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front. 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width. |

Lesson #3 of 6

| Notes / Time | Activity / Topic |
|---|---|
| 3 min | Stop Sign (Stop! Look! Ask!) |
| | <ol style="list-style-type: none"> 1. Hold up a stop sign and have swimmers stop at the water's edge. 2. Now have them tell you what they are looking for before they get in (caregiver, instructor, objects in water, people in the way). |
| 3 min | Entry Activities (Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> 1. Have caregiver use rhymes, jingles to enter the water. 2. Ask the student for permission to enter the water. Make sure they check for dangers. |
| 3 min | The Rules are Made (Facility/Site Orientation and Active Supervision) |
| - <i>RULE PICTURES</i> | <ol style="list-style-type: none"> 1. Show three pictures of rules being broken and one picture of a rule being followed (or vice versa). 2. Have swimmers identify which picture doesn't belong and why. |
| 5 min | Sink and Float (Weight Transfer in Shallow Water) |
| - <i>SINKY TOYS</i> - <i>FLOATING TOYS</i> | <ol style="list-style-type: none"> 1. Have swimmers experiment to see which objects sink and float (this can be done in the water or in a small pool or bucket set up on land). 2. Hold the objects under the water for the swimmer to reach and retrieve. 3. If water is shallow enough or there is a tot dock, have swimmer and caregiver retrieve the objects from the bottom. |
| 2 min | Blast off (Front Glide with Kick 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." |
| 3 min | Continuous Side Rolls (Front Swim 2m) |
| | <ol style="list-style-type: none"> 1. Review rolling from side to front and front to side. 2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow. 3. Have swimmers practice over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front. 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width. |
| 3 min | Back Breakers (Back Glide with kick 2m) |
| | <p>Over a distance of 10-15m, have swimmers practice the following back glide with kick drills (make sure they can do one drill before moving to the next one):</p> <ul style="list-style-type: none"> * arms flat on their stomach, hands forming a teepee on top of stomach, * forearms straight out of water, then * arms stretched over their head on the water's surface. |
| 10 min | Side Rolls (Roll-Over Glide Front to Back 2m) |
| | <ol style="list-style-type: none"> 1. Review side glides with kick (one arm up, one arm down). 2. Review front glides with kick using the same arm position as the side glides with kick. 3. Demonstrate rolling forward from a side glide with kick into a front glide with kick (one arm up, one arm down). 4. Have swimmers practice until they are comfortable and are able to maintain a streamlined body position. 5. Demonstrate rolling from a front glide with kick (one arm up, one arm down) to a side glide with kick. Focus on the shoulder rolling out first. Note how head rolls to the side. 6. Have swimmers practice the front to side rolls, alternating sides, until they are comfortable and able to maintain a streamlined body position. |
| 5 min | Kickboards, Corks, Ping-Pong balls (PFD/Lifejacket and Me (Assisted)) |
| - <i>CORKS</i> - <i>KICKBOARD</i> | <ol style="list-style-type: none"> 1. Have each swimmer put on a PFD/lifejacket. 2. Spread out kickboards, corks, Ping-Pong balls of different colors in the deep water. 3. Ask swimmers to move out to kickboards, corks, Ping-Pong balls and try to pick up one and then return to edge. Have them swim out again for another colour. Repeat until they have each colour. |

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| 3 min | Motorboat (Kick on Front with Buoyant Objects 2m) |
| - WATER NOODLE | <ol style="list-style-type: none"> 1. Have swimmers hold onto a water noodle or kickboard. 2. While you chant the rhyme, swimmers do the appropriate action: Motorboat, motorboat, kick so slow. (kick slow) Motorboat, motorboat, kick so fast. (kick fast) Motorboat, motorboat, step on the gas. (kick with splash) Motorboat, motorboat, run out of gas. (stop kick) 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal. |
| 5 min | Red, Yellow, Green Light (Distance Swim 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form a line facing you. 2. Explain the signals: * Red light = stop and stand up * Yellow light = legs only * Green light = arms and legs 3. The swimmers must swim toward you and try to tag you. When they tag you, the game starts again. 4. You call the signals to the swimmers. |
| 5 min | Front/Side Glide Combo (Roll Over Glide, Back to Front, 2m) |
| - KICKBOARD | <ol style="list-style-type: none"> 1. Swimmer can go with or without a buoyant aid to hold out in front in a front glide position 2. Swimmer flutter kicks while slowly exhaling with face in water 3. One arm pulls through the water into a side glide position 4. Swimmer takes a breath to the side, then recovers arm back to the front glide position (arm recovery can be under or over water, depending on level of swimmer) 5. Combination is then repeated on same arm for several repetitions, or can be used by alternating arms |

Lesson #4 of 6

| Notes / Time | Activity / Topic |
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| 3 min | Stop Sign (Stop! Look! Ask! & Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> 1. Hold up a stop sign and have swimmers stop at the water's edge. 2. Now have them tell you what they are looking for before they get in (caregiver, instructor, objects in water, people in the way). |
| 3 min | The Rules are Made (Facility/Site Orientation) |
| - <i>PICTURES OF RULES</i> | <ol style="list-style-type: none"> 1. Show three pictures of rules being broken and one picture of a rule being followed (or vice versa). 2. Have swimmers identify which picture doesn't belong and why. |
| 5 min | Garden Party (Buoyant Objects & Weight Transfer in Shallow Water) |
| - <i>SINKY TOYS</i> | <ol style="list-style-type: none"> 1. Tell swimmers to pick up a sinky toy from the side and pretend it is a seed (swimmers decide what kind of flower they are planting). 2. Have swimmers go underwater and place the puck on the bottom in shallow water to plant the seed. 3. Have swimmers do log rolls to pack earth down. 4. Have swimmers splash to water the seeds. 5. Have swimmers go underwater to pick the flower (hockey puck) off the bottom. |
| 3 min | Butterfly Wings (Back Float and Recovery) |
| | <ol style="list-style-type: none"> 1. Tell the swimmers that they are butterflies breaking out of a cocoon. 2. The swimmers gradually stretch out their wings (arms and legs) in the water. 3. Let the swimmers describe their wing colors. 4. Assist them to perform their front and back float positions. |
| 3 min | Torpedo Target (Back Glide with kick 2m) |
| - <i>KICKBOARD</i> | <ol style="list-style-type: none"> 1. Ask swimmers to pretend they are torpedo fish. 2. Hold a kickboard underwater about 2m away as a target. 3. Have swimmers push off from the edge or bottom and glide to the target. 4. Have swimmers glide on their sides and their backs. |
| 3 min | Starfish Float (Front Float and Recovery) |
| - <i>NOODLES</i> | <ol style="list-style-type: none"> 1. Have swimmers practice their jellyfish floats. 2. Have swimmers practice doing their jellyfish floats as far underwater as they can. 3. Give each swimmer two buoyant objects to place under each arm. 4. Have swimmers begin to practice a front float recovery (swimmers perform a starfish then bend knees up, push down with hands, and lift head up). Have them practice repeatedly until this is automatic. 5. Have swimmers go back to practice underwater jellyfish floats. Have them practice spreading out like a starfish from the jellyfish float, then recover. |
| 2 min | Blast off (Front Glide with Kick 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." |
| 5 min | Rocketship Pencil Sharpener (Roll-Over Glide Front to Back 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form into four teams of rocket ships (front glides/back glides/side glides/rollover glides) and give each team a formation to perform (i.e., star fan, straight line). 2. On your signal, the teams push off from the edge and kick in their designated glide formations. 3. Switch glide positions or colors. |
| 5 min | Obstacle Course (Distance Swim 2m) |
| - <i>NOODLES</i> - <i>HOOPS</i> | <ol style="list-style-type: none"> 1. Set up an obstacle course using a variety of equipment (e.g., swim through hoop, under a PFD/lifejacket, over a water noodle). 2. Demonstrate how to move through the obstacle course, then have swimmers swim the course. 3. Let swimmers develop their own obstacle course in later lessons. |
| 3 min | Hot Potato (Surface Support 5 sec (Assisted)) |
| - <i>BALL</i> - <i>NOODLE</i> | <ol style="list-style-type: none"> 1. Have swimmers tread water in a circle. 2. Have swimmers pass a ball from one person to another. 3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float). |

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| 2 min | Blast off (Kick on Front with Buoyant Objects 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." |
| 3 min | Crayon Box (Front Swim 2m) - 2020 |
| | <ol style="list-style-type: none"> 1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour. 2. Yell out different colors. Swimmers push off from the wall and glide when their colour is called. |
| 3 min | Continuous Side Rolls (Roll Over Glide, Back to Front, 2m) |
| | <ol style="list-style-type: none"> 1. Review rolling from side to front and front to side. 2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow. 3. Have swimmers practice over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front. 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width. |

Lesson #5 of 6

| Notes / Time | Activity / Topic |
|---|---|
| 3 min | The Rules are Made (Facility/Site Orientation) |
| - <i>PICTURES OF RULES</i> | <ol style="list-style-type: none"> Show three pictures of rules being broken, and one picture of a rule being followed (or vice versa). Have swimmers identify which picture doesn't belong and why. |
| 3 min | Five Little Fishes (Stop! Look! Ask! & Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> Talk the swimmers through each step of Stop! Look! Ask! and then ask them if they want assistance when jumping in. If a swimmer requests assistance, hold his or her hand. Sing "Five Little Fishes Jumping in the Water," but have swimmers ask each time before they jump. |
| 5 min | Sink and Float (Weight Transfer in Shallow Water) |
| - <i>SINKY TOYS</i> - <i>FLOATY TOYS</i> | <ol style="list-style-type: none"> Have swimmers experiment to see which objects sink and float (this can be done in the water or in a small pool or bucket set up on land). Hold the objects under the water for the swimmer to reach and retrieve. If water is shallow enough or there is a tot dock, have swimmer and caregiver retrieve the objects from the bottom. |
| 5 min | Frozen Tag (Back Float and Recovery) |
| | <ol style="list-style-type: none"> Identify specific boundaries for the game. Identify the person who is Freeze. You can have more than one person as Freeze. Have swimmers who are tagged by Freeze remain in a frozen float position until someone else swims under them to unfreeze them. |
| 3 min | Back Breakers (Back Glide with Kick 2m) |
| | <p>Over a distance of 10-15m, have swimmers practice the following back glide with kick drills (make sure they can do one drill before moving to the next one):</p> <ul style="list-style-type: none"> * arms flat on their stomach, hands forming a teepee on top of stomach, * forearms straight out of water, then * arms stretched over their head on the water's surface. |
| 3 min | Salmon Says (Front Float and Recovery) |
| | <ol style="list-style-type: none"> Gives swimmers different instructions such as "jump up and down," "touch the bottom," "float." If you begin the instruction by saying, "Salmon Says," the swimmers shouldn't do the activity. |
| 3 min | Torpedo Target (Front Glide with Kick 2m) |
| - <i>KICKBOARD</i> | <ol style="list-style-type: none"> Ask swimmers to pretend they are torpedo fish. Hold a kickboard underwater about 2m away as a target. Have swimmers push off from the edge or bottom and glide to the target. Have swimmers glide on their sides and their backs. |
| 3 min | Periscope (Roll-Over Glide Front to Back 2m) |
| | <ol style="list-style-type: none"> Have swimmers perform a back glide, pretending they are submarines. When you say, "up periscope," the swimmers bend one arm and lift their elbow. When you say, "down periscope," the swimmers stretch their arm across their body, causing them to roll onto their front. |
| 5 min | Kickboards, Corks, Ping-Pong balls (PFD/Lifejacket and Me) |
| - <i>CORKS</i> - <i>KICKBOARD</i> | <ol style="list-style-type: none"> Have each swimmer put on a PFD/lifejacket. Spread out kickboards, corks, Ping-Pong balls of different colors in the deep water. Ask swimmers to move out to kickboards, corks, Ping-Pong balls and try to pick up one and then return to edge. Have them swim out again for another colour. Repeat until they have each colour. |
| 3 min | Hot Potato (Surface Support 5 sec (Assisted)) |
| - <i>BALL</i> | <ol style="list-style-type: none"> Have swimmers tread water in a circle. Have swimmers pass a ball from one person to another. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float). |
| 5 min | Red, Yellow, Green Light (Distance Swim 2m) |
| | <ol style="list-style-type: none"> Have swimmers form a line facing you. Explain the signals: <ul style="list-style-type: none"> * Red light = stop and stand up * Yellow light = legs only * Green light = arms and legs The swimmers must swim toward you and try to tag you. When they tag you, the game starts again. |

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|-----------------------|---|
| 3 min | Motorboat (Front Swim 2m) |
| - WATER NOODLE | <ol style="list-style-type: none"> 1. Have swimmers hold onto a water noodle or kickboard. 2. While you chant the rhyme, swimmers do the appropriate action: Motorboat, motorboat, kick so slow. (kick slow) Motorboat, motorboat, kick so fast. (kick fast) Motorboat, motorboat, step on the gas. (kick with splash) Motorboat, motorboat, run out of gas. (stop kick) 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal. |
| 5 min | Red Rover (Kick on Front with Buoyant Objects 2m) |
| 3 min | Continuous Side Rolls (Roll Over Glide, Back to Front, 2m) |
| | <ol style="list-style-type: none"> 1. Review rolling from side to front and front to side. 2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow. 3. Have swimmers practice over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front. 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width. |

Lesson #6 of 6

| Notes / Time | Activity / Topic |
|---------------------|---|
| 3 min | Face Wash (Play and Songs) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water and pretend they are eating a messy meal, such as spaghetti or chocolate ice cream. 2. Splash water on their hands as "soap" to wash their faces. 3. Have them use water to wash their faces. 4. Include instructions to wash behind their ears, under their chin, and on top of their head. 5. Ask them to rinse thoroughly. |
| 3 min | Stop Sign (Stop! Look! Ask! & Jump into Chest-Deep Water) |
| | <ol style="list-style-type: none"> 3. Hold up a stop sign and have swimmers stop at the water's edge. 1. Now have them tell you what they are looking for before they get in (caregiver, instructor, objects in water, people in the way). |
| 5 min | Garden Party (Buoyant Objects) |
| - <i>SINKY TOYS</i> | <ol style="list-style-type: none"> 1. Tell swimmers to pick up a hockey puck from the side and pretend it is a seed (swimmers decide what kind of flower they are planting). 2. Have swimmers go underwater and place the puck on the bottom in shallow water to plant the seed. 3. Have swimmers do log rolls to pack earth down. 4. Have swimmers splash to water the seeds. 5. Have swimmers go underwater to pick the flower (hockey puck) off the bottom. |
| 5 min | Frozen Tag (Back Float and Recovery) |
| | <ol style="list-style-type: none"> 1. Identify specific boundaries for the game. 2. Identify the person who is Freeze. You can have more than one person as Freeze. 3. Have swimmers who are tagged by Freeze remain in a frozen float position until someone else swims under them to unfreeze them. |
| 3 min | Crayon Box (Back Glide with Kick 2m) |
| | <ol style="list-style-type: none"> 1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour. 2. Yell out different colors. Swimmers push off from the wall and glide when their colour is called. |
| 3 min | Salmon Says (Front Float and Recovery) |
| | <ol style="list-style-type: none"> 1. Gives swimmers different instructions such as "jump up and down," "touch the bottom," "float." 2. If you begin the instruction by saying, "Salmon Says," the swimmers shouldn't do the activity. |
| 5 min | Front/Side Glide Combo (Front Glide with Kick 2m) |
| - <i>KICKBOARD</i> | <ol style="list-style-type: none"> 1. Swimmer can go with or without a buoyant aid to hold out in front in a front glide position 2. Swimmer flutter kicks while slowly exhaling with face in water 3. One arm pulls through the water into a side glide position 4. Swimmer takes a breath to the side, then recovers arm back to the front glide position (arm recovery can be under or over water, depending on level of swimmer) 5. Combination is then repeated on same arm for several repetitions, or can be used by alternating arms |
| 2 min | Blast Off (Front Swim 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." |
| 3 min | Torpedo Target (Roll-Over Glide Front to Back 2m) |
| - <i>KICKBOARD</i> | <ol style="list-style-type: none"> 1. Ask swimmers to pretend they are torpedo fish. 2. Hold a kickboard underwater about 2m away as a target. 3. Have swimmers push off from the edge or bottom and glide to the target. 4. Have swimmers glide on their sides and their backs. |
| 5 min | Rocketship Pencil Sharpener (Roll-Over Glide Front to Back 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form into four teams of rocket ships (front glides/back glides/side glides/rollover glides) and give each team a formation to perform (i.e., star fan, straight line). 2. On your signal, the teams push off from the edge and kick in their designated glide formations. |

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| 3 min | Hot Potato (Surface Support 5 sec) |
| - <i>BALL</i> | <ol style="list-style-type: none"> 1. Have swimmers tread water in a circle. 2. Have swimmers pass a ball from one person to another. 3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float). |
| 5 min | Red, Yellow, Green Light (Kick on Front with Buoyant Objects 2m) |
| | <ol style="list-style-type: none"> 1. Have swimmers form a line facing you. 2. Explain the signals: <ul style="list-style-type: none"> * Red light = stop and stand up * Yellow light = legs only * Green light = arms and legs 3. The swimmers must swim toward you and try to tag you. When they tag you, the game starts again. 4. You call the signals to the swimmers. |
| 5 min | Obstacle Course (Distance Swim 2m) |
| - <i>HOOPS</i> - <i>WATER NOODLES</i> | <ol style="list-style-type: none"> 1. Set up an obstacle course using a variety of equipment (e.g., swim through hoop, under a PFD/lifejacket, over a water noodle). 2. Demonstrate how to move through the obstacle course, then have swimmers swim the course. 3. Let swimmers develop their own obstacle course in later lessons. |
| 5 min | Front/Side Glide Combo (Roll Over Glide, Back to Front, 2m) |
| - <i>KICKBOARD</i> | <ol style="list-style-type: none"> 1. Swimmer can go with or without a buoyant aid to hold out in front in a front glide position 2. Swimmer flutter kicks while slowly exhaling with face in water 3. One arm pulls through the water into a side glide position 4. Swimmer takes a breath to the side, then recovers arm back to the front glide position (arm recovery can be under or over water, depending on level of swimmer) 5. Combination is then repeated on same arm for several repetitions or can be used by alternating arms. |