Lesson #1 of 6

Notes / Time	Activity / Topic
5 min	**Choo Choo Train (ORIENTATION)**
	1. Form a line with swimmers. 2. Designate one swimmer as an engine and one as a caboose. 3. Tour the facility, site, and point out the important features, such as emergency exits, drop-offs, shallow end, deep end, first aid station, and phone. 4. Have swimmers identify where and with whom (e.g., parent, caregiver, Instructor) it is safe to swim.
3 min	**Stop Sign (STOP LOOK ASK)**
	1. Hold up a stop hand 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 (ENTRIES AND EXITS)**
	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)**
	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 the swimmers to rinse thoroughly.
3 min	**Exploring (RYTHMIC BREATHING0**
	1. Have swimmers try submerging their head while blowing bubbles out their nose. Have them stop moving and blowing bubbles while they're still underwater. No water will go in their nose. Ask them why not? 2. Ask swimmers why it is important to be relaxed when breathing?
3 min - *LAMINATED FISH*	**Finding Fishy (OPEN EYES)**
	1. Place laminated fish characters on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.
3 min	**Banana Peel (BACK FLOAT)**
	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 - *KICKBOARDS* - *DUMBELLS*	**Starfish Float (FRONT FLOAT)**
	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.
5 min	**Red, Yellow, Green Light (FRONT KICK)**
	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.

Lesson #2 of 6

Notes / Time	Activity / Topic
3 min	**The Rules are Made (OREIENTATION)**
- *RULE FLASHCARDS*	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.
3 min	**Entry Activities (ENTRIES AND EXITS)**
	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	**Safe, Sorry (STOP LOOK ASK)**
	1. Have swimmers line up along edge of the pool. 2. Call out a variety of facility, site-specific safety rules or unsafe activities (e.g., you ran to your mother on deck, you looked for a lifeguard before you went in the water, you are still chewing gum). 3. Have swimmers yell "Sorry" if the activity is unsafe. 4. Swimmer's yell "Safe" and jump in, enter the water if the activity is safe.
3 min	**Alice the Camel (PLAY)**
	1. Tell the class to form a circle in shallow water. Ask the class how many humps Alice has today. Keep the number between three and five humps. 2. Song: Alice the Camel has _____ humps Alice the Camel has _____ humps Alice the Camel has _____ humps So go, Alice, go Boom, boom, boom! Every time the class sings the word "hump" they do a bob. Everyone wiggles their hips at "Boom, boom, boom."
5 min	**Kickboards, Corks, Ping-Pong balls (PFDS)**
- *LIFEJACKETS* - *KICKBOARDS* - *TOYS*	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.
3 min	**Finding Fishy (OPENING EYES)**
- *LAMINATED FISH*	1. Place laminated characters/sinky toys on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.
3 min	**Hats (RYTHIMIC BREATHING)**
- *RINGS* - *TOYS*	1. Throw floating "hats" (e.g., rings, ice cream lids, etc.) into shallow water. 2. Have swimmers submerge and try to come back up with a hat on their head. 3. Challenge swimmers not to use their hands. 4. Emphasize lots of bubbles.
2 min	**Blast off (FRONT & BACK GLIDE)**
	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	**Motorboat (KICK ON FRONT WITH OBJECT)**
- *NOODLE* - *KICKBOARD*	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.

Lesson #3 of 6

Notes / Time	Activity / Topic
3 min	**Stop Sign (STOP LOOK ASK)**
	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 (SAFE ENTRIES AND EXITS)**
	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 - *NOODLE* - *KICKBOARD*	**Duck the Bridge (RYTHMIC BREATHING)**
	1. Have swimmers stand in a semicircle while you stand opposite from the class with a water noodle or kickboard. 2. Rotate the water noodle or kickboard slowly. 3. The swimmers duck their head underwater as the water noodle/kickboard passes over them.
5 min - *LIFEJACKETS* - *KICKBOARDS* - *TOYS*	**Kickboards, Corks, Ping-Pong balls (PFDS)**
	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.
3 min	**Butterfly Wings (BACK FLOAT)**
	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 - *DUMBELLS* - *NOODLE*	**Bird's Wings (FRONT FLOAT)**
	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.
3 min - *LAMINATED FISH*	**Finding Fishy (OPEN EYES)**
	1. Place laminated fish characters on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.
3 min	**Crayon Box (FRONT GLIDE & FRONT SWIM)**
	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	**Back Breakers (BACK GLIDE)**
	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): * 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.
5 min	**Red, Yellow, Green Light (KICK ON FRONT & DISTANCE SWIM)**
	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.

Lesson #4 of 6

Notes / Time	Activity / Topic
3 min	**Entry Activities (ENTRIES AND EXITS)**
	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	**Five Little Fishes (STOP LOOK ASK)**
	1. Talk the swimmers through each step of Stop! Look! Ask! and then ask them if they want assistance when jumping in. 2. If a swimmer requests assistance, hold his or her hand. 3. Sing "Five Little Fishes Jumping in the Water," but have swimmers ask each time before they jump.
3 min	**The Bob Family (RYTHMIC BREATHING)**
	1. Have the swimmers form a loose semicircle in front of you, in shallow water. 2. Begin the story of the Bob family: Once upon a time There was the Bob family, Mama Bob, Papa Bob, Brother Bob, Sister Bob, Baby Bob, and Dog Bob (two bobs for this one) ... 3. Each time you use the word "Bob," the swimmers must go underwater. 4. The story may continue through the entire lesson set and you can gradually increase the number of bobs and the body positions of the swimmers.
5 min	**Frozen Tag (BACK FLOAT)**
	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	**Back Breakers (BACK FLOAT)**
	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): * 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)**
	1. Gives swimmers different instructions such as "jump up and down," "touch the bottom". 2. If you begin the instruction by saying, "Salmon Says," the swimmers shouldn't do the activity.
5 min - *KICKBOARD*	**Rocketship Pencil Sharpener (FRONT & BACK GLIDE)**
	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.
2 min	**Blast off (FRONT SWIM)**
	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	**Motorboat (KICK ON FRONT WITH OBJECT)**
	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	**Obstacle Course (DISTANCE)**
- *HOOPS* - *NOODLES*	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.

Lesson #5 of 6

Notes / Time	Activity / Topic
3 min - *RINGS* - *TOYS*	**Hats (RYTHMIC BREATHING)** 1. Throw floating "hats" (e.g., rings, ice cream lids, etc.) into shallow water. 2. Have swimmers submerge and try to come back up with a hat on their head. 3. Challenge swimmers not to use their hands. 4. Emphasize lots of bubbles. 5. Watch swimmers carefully.
3 min	**Stop Sign (STOP LOOK ASK)** 1. Hold up a stop hand 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 (ENTRIES AND EXITS)** 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 - *PICTURES*	**The Rules are Made (OREIENTATION)** 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 - *DUMBELLS* - *KICKBOARD*	**Back Float (BACK FLOAT)** 1. Have swimmers practice walking backwards with shoulders and ears tilted back in the water. 2. When they are comfortable, encourage them to lift their chest up toward the surface. 3. Give each swimmer two buoyant objects to hold and teach them how to recover from a back float to a standing position: knees to chest, push down, and fall forward until face enters water. Have them repeat this until they can consistently demonstrate it. 4. Review walking backwards. Lift chest and encourage stretching to bring feet slightly off the ground for a short time.
3 min - *DUMBELLS* - *KICKBOARD*	**Starfish Float (FRONT FLOAT)** 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 - *LAMINATED FISH*	**Finding Fishy (OPEN EYES UNDERWATER)** 1. Place laminated fish characters on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.
5 min	**Slip 'n' Slide (FRONT GLIDE & BACK GLIDE)** 1. Have swimmers practise pushing off and gliding on their front from the bottom or from the caregiver's knees to the side. 2. Encourage face in the water, arms stretched above head. 3. Have swimmers add a kick at a later time. 4. Push off from the wall should be final progression.
2 min	**Blast off (FRONT SWIM)** 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	**Red, Yellow, Green Light (DISTANCE SWIM)**
	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.
3 min	**Motorboat (KICK ON FRONT WITH OBJECT)**
- *KICBOARD* - *NOODLE*	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.

Lesson #6 of 6

Notes / Time	Activity / Topic
3 min - *RINGS* - *TOYS*	**Hats (RYTMIC BREATHING)** 1. Throw floating "hats" (e.g., rings, ice cream lids, etc.) into shallow water. 2. Have swimmers submerge and try to come back up with a hat on their head. 3. Challenge swimmers not to use their hands. 4. Emphasize lots of bubbles. 5. Watch swimmers carefully.
3 min	**Entry Activities (ENTRIES AND EXITS)** 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	**Safe, Sorry (STOP LOOK ASK)** 1. Have swimmers line up along edge of the pool. 2. Call out a variety of facility-, site-specific safety rules or unsafe activities (e.g., you ran to your mother on deck, you looked for a lifeguard before you went in the water, you are still chewing gum). 3. Have swimmers yell "Sorry" if the activity is unsafe. 4. Swimmers yell "Safe" and jump in, enter the water if the activity is safe.
3 min - *LAMINATED FISH*	**Finding Fishy (OPEN EYES UNDER WATER)** 1. Place laminated fish characters on bottom of the pool. 2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.
5 min	**Back Float (BACK FLOAT)** 1. Have swimmers practice walking backwards with shoulders and ears tilted back in the water. 2. When they are comfortable, encourage them to lift their chest up toward the surface. 3. Give each swimmer two buoyant objects to hold and teach them how to recover from a back float to a standing position: knees to chest, push down, and fall forward until face enters water. Have them repeat this until they can consistently demonstrate it. 4. Review walking backwards. Lift chest and encourage stretching to bring feet slightly off the ground for a short time.
3 min	**Starfish Float (FRONT FLOAT)** 1. Have swimmers practise their jellyfish floats. 2. Have swimmers practise 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 practise a front float recovery (swimmers perform a starfish then bend knees up, push down with hands, and lift head up). Have them practise repeatedly until this is automatic. 5. Have swimmers go back to practise underwater jellyfish floats. Have them practise spreading out like a starfish from the jellyfish float, then recover.
3 min	**Crayon Box (FRONT & BLACK GLIDE)** 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 colours. Swimmers push off from the wall and glide when their colour is called.
2 min	**Blast off (FRONT SWIM)** 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	**Red, Yellow, Green Light (DISTANCE SWIM)** 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.

3 min	**Motor boat (KICK ON FRONT WITH OBJECT)**
- *NOODLE* - *KICKBOARD*	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	**Obstacle Course (DISTANCE SWIM)**
- *NOODLES* - *HOOPS*	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	**Alice the Camel (RYTHMIC BREATHING)**
	1. Tell the class to form a circle in shallow water. Ask the class how many humps Alice has today. Keep the number between three and five humps. 2. The class sings the song: Alice the Camel has _____ humps Alice the Camel has _____ humps Alice the Camel has _____ humps So go, Alice, go Boom, boom, boom! 3. Every time the class sings the word "hump" they do a bob. Everyone wiggles their hips at "Boom, boom, boom."