

Lesson #1 of 5

Notes / Time	Activity / Topic
3 min	Entry Activities - Shallow Water Entries and Exits
3 min	Exploring - Exhale thru mouth or nose
	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?
5 min	Back Float - Back Float and Recovery 3 sec
	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 upward 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 and Recovery 3 sec
	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	The Rules are Made - Facility/Site Orientation
	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	Back Breakers - Back Glide 5 sec
	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 head * forearms straight out of water, then * arms stretched over their head on the water's surface.
2 min	Blast off - Front Glide 5 sec
	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."

Lesson #2 of 5

Notes / Time	Activity / Topic
3 min	<p>Stop Sign - Supervision</p> <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	<p>Entry Activities - Shallow Water Entries and Exits</p>
3 min	<p>Exploring - Exhale thru mouth or nose</p> <ol style="list-style-type: none"> 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? 2. Ask swimmers why it is important to be relaxed when breathing?
3 min	<p>Crayon Box - Front Glide with Flutter Kick 5m</p> <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	<p>Continuous Side Rolls - Roll-Over Glide 5 sec (Assisted)</p> <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	<p>Motorboat (variation boiling water) - Flutter Kick 5m (Assisted)</p> <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. 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal.
5 min	<p>Red, Yellow, Green Light - Distance Swim 5m</p> <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.
2 min	<p>Blast off - Front Swim 5m</p> <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."

Lesson #3 of 5

Notes / Time	Activity / Topic
5 min	Choo Choo Train - Facility/Site Orientation
	<ol style="list-style-type: none"> 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	Exploring - Exhale thru mouth or nose
	<ol style="list-style-type: none"> 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	Banana Peel - Back Float and Recovery 3 sec
	<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	Rolling Shoulders - Back Glide 5 sec
	<ol style="list-style-type: none"> 1. Demonstrate how to roll shoulders when doing back crawl. Move slowly and alternately roll one shoulder at a time. 2. Have swimmers practice for a distance of approximately 10-15m.
3 min	Safe, Sorry - Supervision
	<ol style="list-style-type: none"> 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	Butterfly Wings - Front Float and Recovery 3 sec
	<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	Continuous Side Rolls - Front Glide 5 sec
	<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.
2 min	Blast off - Front Glide with kick 5m
	<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	Motorboat - Front Glide with Flutter Kick 5m (Assisted) & Flutter Kick
	<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. 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal.
3 min	Front Sailboat Glide - 2020
	Have swimmers kick on their side with one arm above their head and the other straight out of the water at a 90° angle. This promotes a strong flutter kick and a high arm recovery.

5 min	Rocketship Pencil Sharpener - Roll-Over Glide 5 sec (Assisted)
	<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.
4 min	Breathing Drill for Crawl - Distance Swim 5m
	<ol style="list-style-type: none"> 1. Swimmer swims front crawl while altering breathing cycle to increase lung capacity 2. Can increase difficulty incrementally by breathing every: 3,5,7,9, up to 11 strokes!

Lesson #4 & 5 of 5

Notes / Time	Activity / Topic
3 min	Entry Activities - Shallow Water Entries and Exits
3 min	Butterfly Wings - Back Float and Recovery 3 sec
	<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	Rolling Shoulders - Back Glide 5 sec
	<ol style="list-style-type: none"> 1. Demonstrate how to roll shoulders when doing back crawl. Move slowly and alternately roll one shoulder at a time. 2. Have swimmers practice for a distance of approximately 10-15m.
3 min	Personal Responsibility - Supervision
	<ol style="list-style-type: none"> 1. Begin each lesson with this quick activity. 2. Describe a situation or tell a story (e.g., it is a surf day, and your friend goes in the water, your boat takes on water, but you have your PFD/lifejacket). 3. Each swimmer describes what to do in that situation and gives a reason for that choice.
3 min	Starfish Float - Front Float and Recovery 3 sec
	<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	Standing Streamline Glide - Front Glide 5 sec
	<ol style="list-style-type: none"> 1. Stand with back against wall 2. Place heels, hips and shoulder blades against the wall 3. Bring chin down to allow head to bend forward 4. Arms in front - one hand on top of the other 5. Straighten arms overhead so that elbows are straight, and hands are against the wall 6. Bring the head back to cradle against your arms 7. Now step away from wall and try to keep this position
5 min	Rocketship Pencil Sharpener - Front Glide with kick 5m
	<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
3 min	Front Sailboat Glide - Front Glide with Flutter Kick 5m (Assisted)
	Have swimmers kick on their side with one arm above their head and the other straight out of the water at a 90° angle. This promotes a strong flutter kick and a high arm recovery.
3 min	Pancakes - Roll-Over Glide 5 sec (Assisted)
	<ol style="list-style-type: none"> 1. Have swimmers glide on their back. 2. The class sings to the tune of I'm a Little Teapot: I'm a little pancake on my back. I'm a little pancake very flat. I'm a little pancake on my back. Flip me over just like that! 3. As they sing "Flip me over," the swimmers roll from back glide to front glide.
3 min	Tight Toes (Variation: Front Crawl) - Front Swim 5m
	<ol style="list-style-type: none"> 1. Place swimmers in a wave formation. Have swimmers perform front or back glides with kick over a distance of 10m. 2. Direct them to kick with flexed ankles, then with pointed toes, and then with loose ankles. 3. Discuss which kick was most efficient.
5 min	Red, Yellow, Green Light - Distance Swim 5m
	<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 you tag you, the game starts again? 4. You call the signals to the swimmers.

3 min	Motorboat (variation boiling water) - Flutter Kick 5m (Assisted)
	<ol style="list-style-type: none"><li data-bbox="306 136 1533 165">1. Have swimmers hold onto a water noodle or kickboard.<li data-bbox="306 165 1533 194">2. While you chant the rhyme, swimmers do the appropriate action.<li data-bbox="306 194 1533 232">3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal.