

Lesson #1 of 4

Notes / Time	Activity / Topic
5 min	Sink and Float - Weight Transfer in Shallow Water
	<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 onland). 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.
5 min	EMS/911
	<ol style="list-style-type: none"> 1. Set up three or four stations around the pool edges. 2. Caregivers must travel to each station with their child doing either a front tow or back tow. 3. At each station, have a card with either a simulation or question regarding the topic of "When and How to Get Help." 4. Caregivers come up with solutions or answers and share answers with the group once everyone has visited each station.
3 min	The Rules are Made - Facility Site Rules
	<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.
3 min	Back Breakers - Back Glide with Flutter Kick 5m
	<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.
2 min	Blast off - Front Glide with Flutter Kick 10m
	<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 (variation boiling water) - Flutter Kick 10m (Assisted)
	<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.

Lesson #2 of 4

Notes / Time	Activity / Topic
5 min	Sink and Float - Weight Transfer in Shallow Water
	<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 onland). 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.
3 min	Safe, Sorry - Facility Site Rules
	<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	Rolling Shoulders - Back Glide with Flutter Kick 5m
	<ol style="list-style-type: none"> 1. Demonstrate how to roll shoulders when doing back crawl. Moveslowly and alternately roll one shoulder at a time. 2. Have swimmers practice for a distance of approximately 10-15m.
3 min	Scuba Kick - Front Swim 5m
	Have swimmers perform a proper dolphin kick with arms extended (with or without an aid) on their front with fins. Fins help strengthen thekick and assist in achieving proper dolphin motion in kick.
3 min	Front Sailboat Glide - Front Glide with Flutter Kick 10m
	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	Motorboat (variation boiling water) - Flutter Kick 10m (Assisted)
	<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	Kickboards, Corks, Ping-Pong balls - Introduction to PFDs/Lifejackets
	<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 inthe 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 color. Repeat until they have each color.
3 min	Continuous Side Rolls - Side Glide with Flutter Kick 5m (Assisted)
	<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, toyour 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 theirfront 4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width.
5 min	Rocketship Pencil Sharpener - Roll-Over Glide with Flutter 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 aformation to perform (i.e., star fan, straight line). 2. On your signal, the teams push off from the edge and kick in theirdesignated glide formations. 3. Switch glide positions or colors.
5 min	Survivor - Deep Water Activities (Assisted)
	<ol style="list-style-type: none"> 1. String a rope from ladder to ladder across chest deep water ordeep water and attach a pull buoy to the rope mid-way across. 2. The swimmers must swim out, touch the pull buoy, and swimback. 3. You can adapt this by having swimmers begin with a sitting dive and then swim on their front going there and, on their back, whilestring
5 min	Red, Yellow, Green Light - 2020
	<ol style="list-style-type: none"> 1. Have swimmers form a line facing you. * 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 #3 of 4

Notes / Time	Activity / Topic
5 min	Sink and Float - Weight Transfer in Shallow Water
	<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 onland). 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.
5 min	EMS/911
	<ol style="list-style-type: none"> 1. Set up three or four stations around the pool edges. 2. Caregivers must travel to each station with their child doing either a front tow or back tow. 3. At each station, have a card with either a simulation or question regarding the topic of "When and How to Get Help." 4. Caregivers come up with solutions or answers and share answers with the group once everyone has visited each station.
5 min	Choose a Stroke - Distance Swim 10m
	<ol style="list-style-type: none"> 1. Organize swimmers into two teams. The teams face each other in the water. 2. Instruct them to swim front crawl away from each other. On your signal, they turn and swim back toward each other. 3. The first swimmer to reach the starting point chooses the next stroke.
3 min	Exaggerated Shoulder Roll Drill - Back Glide with Flutter Kick 5m
	<ol style="list-style-type: none"> 1. Have swimmers perform a back glide with kick with both arms at the sides. 2. Emphasize rolling one shoulder out. 3. Have swimmers repeat the glide, emphasizing the other shoulder and practicing rolling from shoulder to shoulder.
2 min	Blast off - Front Glide with Flutter Kick 10m
	<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	Kickboards, Corks, Ping-Pong balls - Introduction to PFDs/Lifejackets
	<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 color. Repeat until they have each color.
2 min	Blast off - Flutter Kick 10m (Assisted)
	<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 - Side Glide with Flutter Kick 5m (Assisted)
	<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	Pancakes - Roll-Over Glide with Flutter Kick 5m
	<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. 3. As they sing "Flip me over," the swimmers roll from back glide to front glide.
3 min	Vertical Kick – Front Swim 5m
	<ol style="list-style-type: none"> 1. Have swimmers perform a flutter kick in an upright, vertical position. This improves strength of kick. 2. You can increase the difficulty by having swimmers hold their arms above their head.

3 min	Flowers - Deep Water Activities (Assisted)
	<ol style="list-style-type: none">1. Line up swimmers along the edge of the water.2. Ask swimmers to pretend to grow as a flower, starting as small seeds.3. You splash water on them, your hands symbolize sunlight.4. Swimmers grow long and tall, and you pick them by helping them enter the water.

Lesson #4 of 4

Notes / Time	Activity / Topic
5 min	Sink and Float - Weight Transfer in Shallow Water
	<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 onland). 2. Hold the objects under the water for the swimmer to reach and see 3. If water is shallow enough or there is a tot dock, have swimmer and caregiver retrieve the objects from the bottom.
3 min	Safe, Sorry - Facility Site Rules
	<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. Swimmers yell "Safe" and jump in, enter the water if the activity issafe.
5 min	EMS/911
	<ol style="list-style-type: none"> 1. Set up three or four stations around the pool edges. 2. Caregivers must travel to each station with their child doing either a front tow or back tow. 3. At each station, have a card with either a simulation or question regarding the topic of "When and How to Get Help." 4. Caregivers come up with solutions or answers and share answers with the group once everyone has visited each station.
3 min	Back Sailboat/Shoulder Roll Combo - Back Glide with Flutter Kick 5m
	<ol style="list-style-type: none"> 1. Have swimmers combine a back glide with a high shoulder roll into a sailboat glide by working on transition from rolling the shoulder to bringing the arm out of the water. 2. Have swimmers hold each position for three seconds, then switch to the other arm.
5 min	What continent? - Front Swim 5m
	<ol style="list-style-type: none"> 1. Have swimmers hold onto a large mat or two kickboards. Have the class "rev up" their airplane engines (fast flutter kick) and takeoff. Move as a group. 2. Ask swimmers, "What continent shall we visit?" Make suggestions like Africa, Australia, and Antarctica. 3. Travel as a group to that continent and "land" the plane. Have the group blow their bubbles and slow down. 4. Get off the plane and have the class pretend to be the different animals they would find. 5. Take off and visit another continent.
3 min	Motorboat (variation boiling water) - Flutter Kick 10m (Assisted)
	<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.
2 min	Blast off - Front Glide with Flutter Kick 10m
	<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	Kickboards, Corks, Ping-Pong balls - Introduction to PFDs/Lifejackets
	<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 color. Repeat until they have each color.

10 min	Side Rolls - Side Glide with Flutter Kick 5m (Assisted)
	<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	Front/Side Glide Combo - Roll-Over Glide with Flutter Kick 5m
	<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.
5 min	Survivor - Deep Water Activities (Assisted)
	<ol style="list-style-type: none"> 1. String a rope from ladder to ladder across chest deep water or deep water and attach a pull buoy to the rope mid-way across. 2. The swimmers must swim out, touch the pull buoy, and swim back. 3. You can adapt this by having swimmers begin with a sitting dive and then swim on their front going there and, on their back, while returning.
10 min	Intervals - Distance Swim 10m
	<ol style="list-style-type: none"> 1. Have swimmers perform 6 X 25m using the stroke of their choice, with a 15-second rest in between. 2. In the next lesson, decrease the rest to 10 seconds, then 5 seconds in the following lesson. 3. Finally, have the swimmers perform this continuously, without any rest. 4. Once they are comfortable with this, then have them perform the distance with the same stroke <p>Variation: Have them choose their most difficult stroke.</p>