

Lesson #1 of 4

Notes / Time	Activity / Topic
3 min	The Rules are Made - When and Where to Swim
	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	Water Spaniels – Jump, Change Direction Return to Safety in Deep Water
	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	Back Breakers - Back Glide with Flutter Kick 10m
	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	Motorboat (variation boiling water) - Front Glide with Flutter Kick 15m
	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	Rocketship Pencil Sharpener - Side Glide with Flutter Kick 10m
	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	Target Dive - Sitting Dive Change Direction Return to Safety
	1. Place a target (one for each swimmer) on the bottom of the pool. 2. Have swimmers point their hands toward the target as they dive in.
3 min	Hot Potato - Surface Support Deep Water 20 sec
	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).

Lesson #2 of 4

Notes / Time	Activity / Topic
3 min	Safe, Sorry - When and Where to Swim
	<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 is safe.
3 min	Rolling Shoulders - Back Glide with Flutter Kick 10m
	<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.
5 min	Red, Yellow, Green Light - Distance Swim 15m
	<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	Blast off - Front Glide with Flutter Kick 15m
	<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 - Side Glide with Flutter Kick 10m
	<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	Torpedo Target - Front Glide/Side Glide Combination 10m (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	Tight Toes (Variation: Front Crawl) - Front Swim 10m
	<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	Water Spaniels - Sitting Dive Change Direction Return to Safety & Deep Water Change Direction Return to Safety
	<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	Baseball Tread - Surface Support Deep Water 20 sec
	<ol style="list-style-type: none"> 1. Choose a pitcher and two batters, the rest of the swimmers are fielders. 2. Position the batter in shallow water and others in the deep water. 3. When the batter hits the ball with a kickboard, he or she swims to the base without being touched by a swimmer with the ball. 4. When the batter is caught, he or she switches places with the person who touched him or her.

5 min	Kickboards, Corks, Ping-Pong balls - PFDs/Lifejackets in Deep Water
	<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.
2 min	Blast off - Flutter Kick 15m
	<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 4

Notes / Time	Activity / Topic
3 min	Personal Responsibility - When and Where to Swim
	<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 Frisbee 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	Back Flutter Drill - Back Glide with Flutter Kick 10m
	<ol style="list-style-type: none"> 1. Have swimmers float in a back crawl position with one arm extended above their head (or kept at their side) and other arm stretched toward the feet with a kickboard in their hand. The kickboard should rest over their knees. 2. Have swimmers perform flutter kick. If they hit the kickboard with their knees, they are bending their knees too much.
3 min	Front Sailboat Glide - Front Glide with Flutter Kick 15m
	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	Scuba Kick - Front Swim 10m
	Have swimmers perform a proper dolphin kick with arms extended (with or without an aid) on their front with fins. Fins help strengthen the kick and assist in achieving proper dolphin motion in kick.
10 min	Side Rolls - Side Glide with Flutter Kick 10m
	<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.
3 min	Pancakes - Front Glide/Side Glide Combination 10m (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. 3. As they sing "Flip me over," the swimmers roll from back glide to front glide.
10 min	Intervals - Distance Swim 15m
	<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>
3 min	Hot Potato - Surface Support Deep Water 20 sec
	<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	Kickboards, Corks, Ping-Pong balls - PFDs/Lifejackets in Deep Water
	<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.
2 min	Blast off - 2020
	<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 #4 of 4

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	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) - Front Swim 10m
	<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	Torpedo Target - Side Glide with Flutter Kick 10m
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10 min	Side Rolls - Front Glide/Side Glide Combination 10m (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	Water Spaniels - Jump in Change Direction Return to Safety in Deep Water & Sitting Dive
	<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.
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3 min	Hot Potato - Surface Support Deep Water 20 sec
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