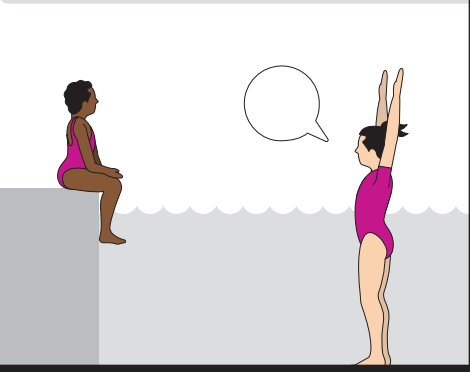

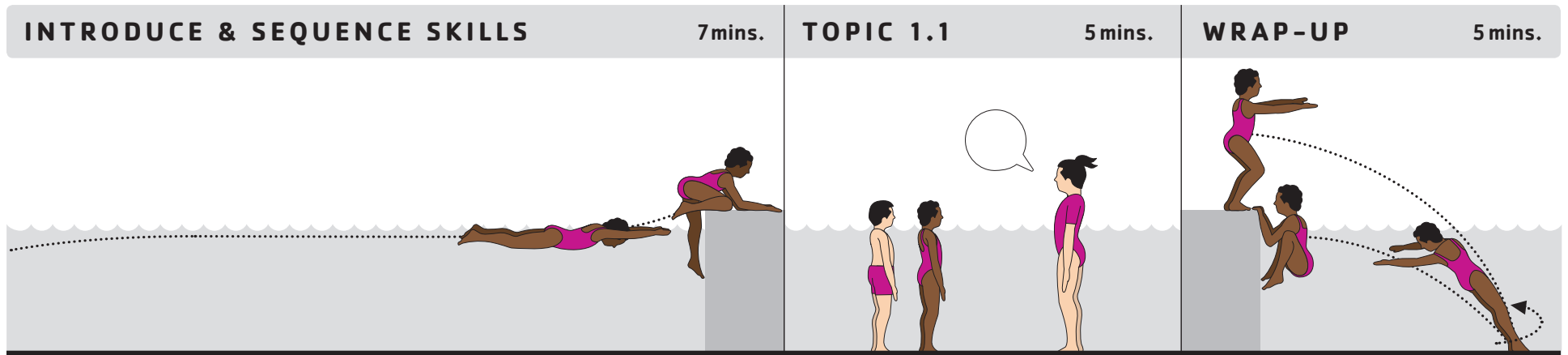


Lesson Guide 1.1

CAUTION: Limit participants to a single inhalation whenever you ask them to hold their breath and submerge. Set safety limits when setting up activities that involve submerging or swimming underwater. When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish a teaching objective. Do not ever touch children in private areas covered by a swimsuit.

WELCOME	5 mins.	WARM-UP	8 mins.	REVIEW SKILLS	0 mins.
					
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Learn and use names. - Share pool and safety rules. - Set behavior expectations. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names</p> <p>Ask Permission</p> <p>Name Game</p>		<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone</p> <p>Magic Soap</p> <p>Talk to the Fish</p>		<p>There are no skills to review today.</p>	

Lesson Guide 1.1 continued



INTRODUCE & SEQUENCE SKILLS

7 mins.

TOPIC 1.1

5 mins.

WRAP-UP

5 mins.

FRONT GLIDE

- 1 Front walk to wall, face submerged
- 2 Front glide, assisted, holding wall
- 3 Front glide, assisted, to wall, one arm's length, feet on bottom
- 4 Front glide, assisted, to wall, 5 ft.

Skill & Topic Library: Activities

- Noodle Glide
- Target Glide
- Tube Pull or Rope Pull

WATER EXIT

- 1 Elbow, elbow, tummy, knee, assisted
- 2 Water exit, independently

Skill & Topic Library: Activities

- In & Out
- Treasure Chest
- Wake-Up Shark

BUILDING RELATIONSHIPS

To get acquainted, have all students share their names and one thing about themselves:

- Favorite food, animal, or activity
- Favorite thing to do in the water
- What they did that day

Celebrate first-day achievements, such as the following, as a group:

- Listening
- Helping others
- Effort

JUMP, PUSH, TURN, GRAB

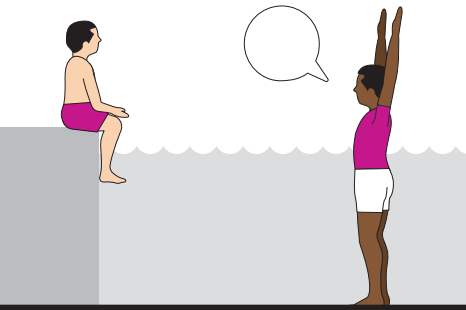
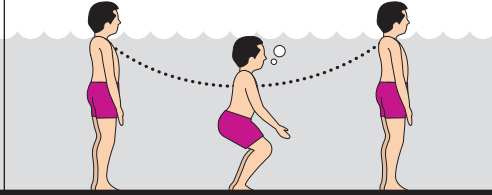
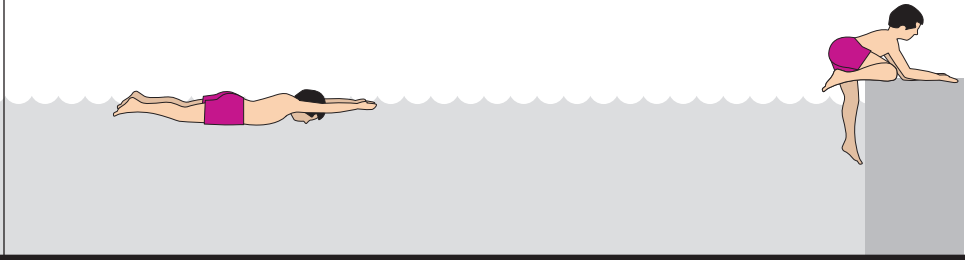
- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

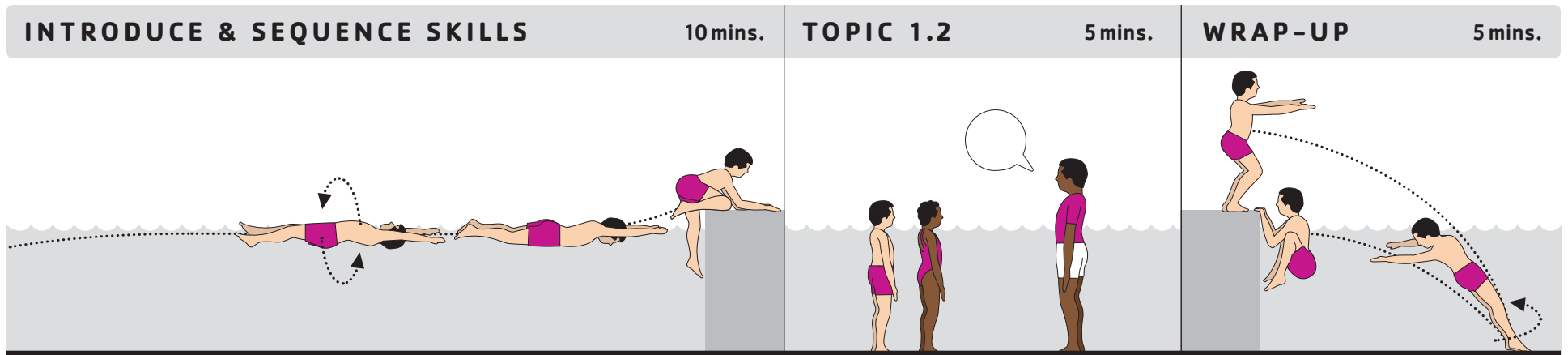
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.2

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>FRONT GLIDE</p> <ol style="list-style-type: none"> 1 Front walk to wall, face submerged 2 Front glide, assisted, holding wall 3 Front glide, assisted, to wall, one arm's length, feet on bottom 4 Front glide, assisted, to wall, 5 ft. <p>Skill & Topic Library: Activities</p> <p>Noodle Glide Target Glide Tube Pull or Rope Pull</p> <p>WATER EXIT</p> <ol style="list-style-type: none"> 1 Elbow, elbow, tummy, knee, assisted 2 Water exit, independently <p>Skill & Topic Library: Activities</p> <p>In & Out Treasure Chest Wake-Up Shark</p>	

Lesson Guide 1.2 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 1.2

5 mins.

WRAP-UP

5 mins.

BACK FLOAT

- 1 Standing, head back, assisted
- 2 Standing, head back, on one foot, assisted
- 3 Back float, assisted, 10 secs.
- 4 Back float, assisted, 10 secs., recover independently

Skill & Topic Library: Activities

- Animal Float
- Tummy Ride
- Watermelon Tummy

ROLL

- 1 Roll, assisted, back to front & front to back

Skill & Topic Library: Activities

- Alligator Roll
- Hula-Hoop Roll
- Roller Coaster Ride

THE Y's CORE VALUES

Explain that core values are the shared beliefs that guide our behavior and interactions. List the Y's four core values:

- **Caring:** Show a sincere concern for others
- **Honesty:** Be truthful in what you say and do
- **Respect:** Follow the golden rule
- **Responsibility:** Be accountable for your promises and actions

Ask students to explain what each value means and share an example of how they've demonstrated one of the core values.

JUMP, PUSH, TURN, GRAB

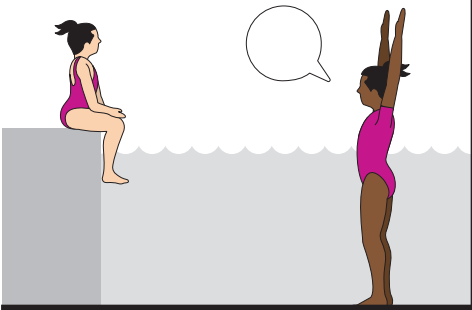
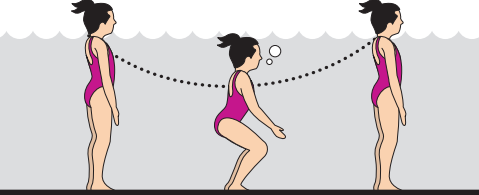

- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

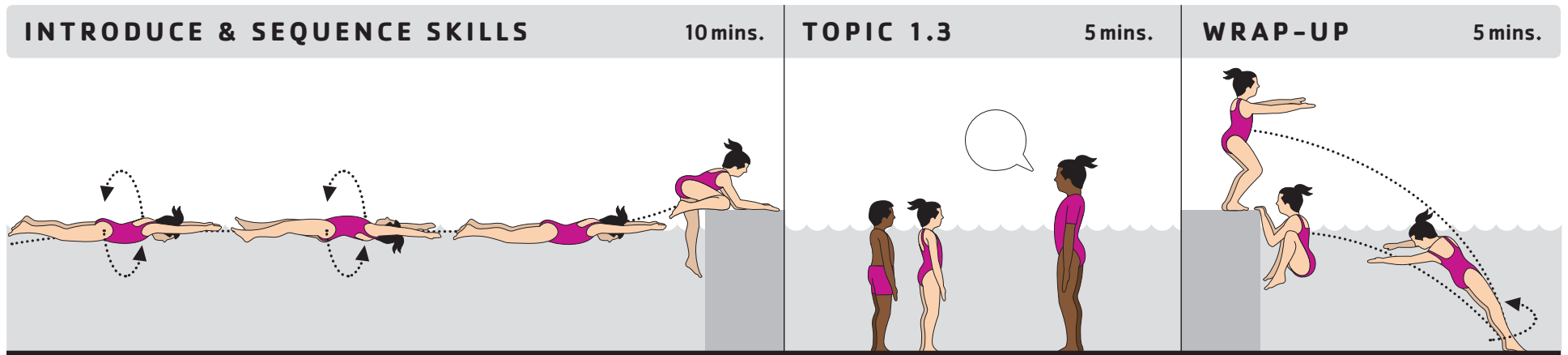
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.3

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>BACK FLOAT</p> <ol style="list-style-type: none"> 1 Standing, head back, assisted 2 Standing, head back, on one foot, assisted 3 Back float, assisted, 10 secs. 4 Back float, assisted, 10 secs., recover independently <p>Skill & Topic Library: Activities</p> <p>Animal Float Tummy Ride Watermelon Tummy</p> <p>ROLL</p> <ol style="list-style-type: none"> 1 Roll, assisted, back to front & front to back <p>Skill & Topic Library: Activities</p> <p>Alligator Roll Hula-Hoop Roll Roller Coaster Ride</p>	

Lesson Guide 1.3 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 1.3

5 mins.

WRAP-UP

5 mins.

FRONT GLIDE

- 1 Front walk to wall, face submerged
- 2 Front glide, assisted, holding wall
- 3 Front glide, assisted, to wall, one arm's length, feet on bottom
- 4 Front glide, assisted, to wall, 5 ft.

Skill & Topic Library: Activities

- Noodle Glide
- Target Glide
- Tube Pull or Rope Pull

ROLL

- 1 Roll, assisted, back to front and front to back

Skill & Topic Library: Activities

- Alligator Roll
- Hula-Hoop Roll
- Roller Coaster Ride

LIFEGUARDS

Ask students to explain the lifeguard's job in the pool area:

- Watches the pool to make sure everyone is safe while they are swimming
- Makes sure everyone follows the rules and maintains a safe environment

Discuss when students should go to a lifeguard:

- If they are hurt
- If they can't find their parent or another family member
- If they have a question
- If they are being bullied

JUMP, PUSH, TURN, GRAB

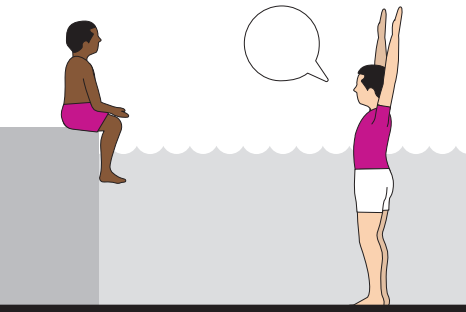
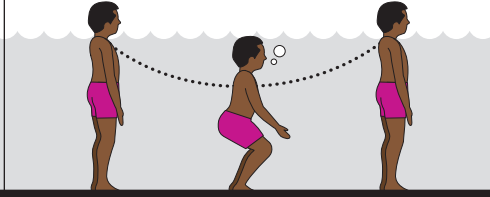
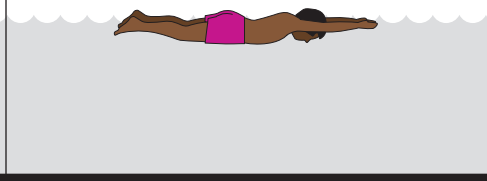
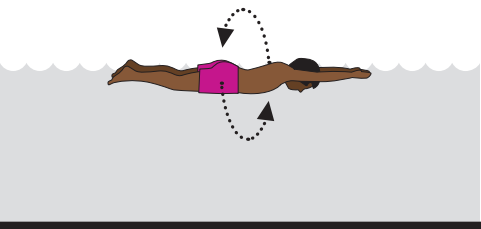
- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

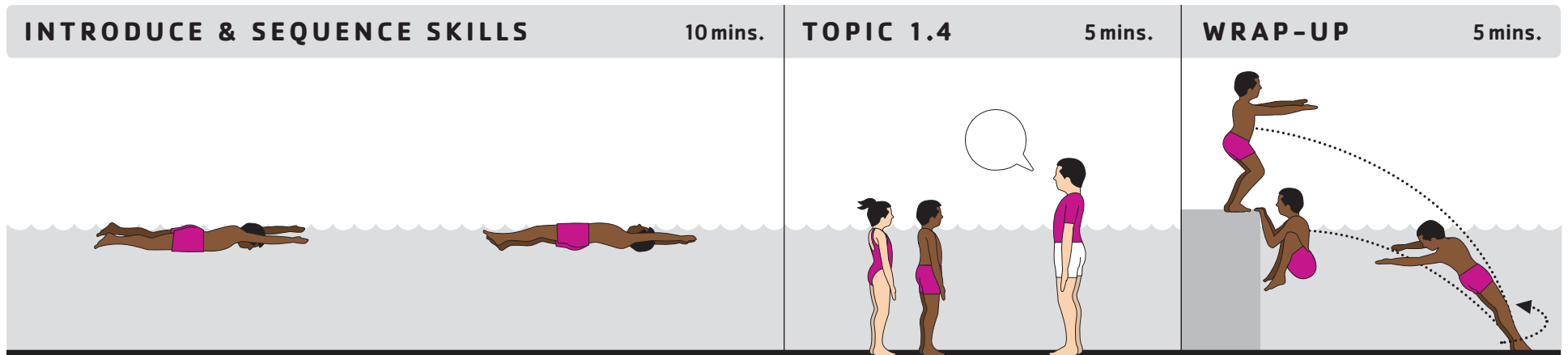
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.4

WELCOME	WARM-UP	REVIEW SKILLS	
1–2 mins.	3 mins.	5 mins.	5 mins.
 <p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Animal Names Ask Permission Name Game 	 <p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Dig for a Bone Magic Soap Talk to the Fish 	 <p>FRONT GLIDE</p> <ol style="list-style-type: none"> 1 Front walk to wall, face submerged 2 Front glide, assisted, holding wall 3 Front glide, assisted, to wall, one arm's length, feet on bottom 4 Front glide, assisted, to wall, 5 ft. <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Noodle Glide Target Glide Tube Pull or Rope Pull 	 <p>ROLL</p> <ol style="list-style-type: none"> 1 Roll, assisted, back to front & front to back <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Alligator Roll Hula-Hoop Roll Roller Coaster Ride

Lesson Guide 1.4 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 1.4

5 mins.

WRAP-UP

5 mins.

FRONT FLOAT

- 1 Standing, face submerged, assisted
- 2 Standing, face submerged, on one foot, assisted
- 3 Front float, assisted, 10 secs.
- 4 Front float, assisted, 10 secs., recover independently

Skill & Topic Library: Activities

- Animal Float
- Be Like
- Starfish

BACK GLIDE

- 1 Back walk, head back, away from wall, assisted
- 2 Back glide, assisted, at wall, on one foot
- 3 Back glide, assisted, at wall, 5 ft.

Skill & Topic Library: Activities

- Hula-Hoop Glide
- Target Glide
- Tube Pull or Rope Pull

BENCHMARK SKILLS

Describe the two skills students can use to get to the side of the pool if they are in trouble and why each of them is important:

- **Jump, push, turn, grab** helps you safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out.
- **Swim, float, swim** helps you get to the side of the pool if you are not within reach by swimming on your front, rolling to your back to breathe when you get tired, grabbing the wall, and climbing out.

JUMP, PUSH, TURN, GRAB

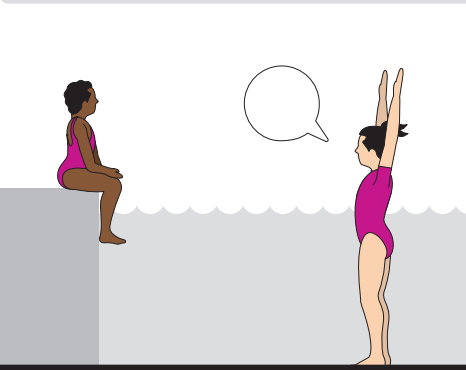
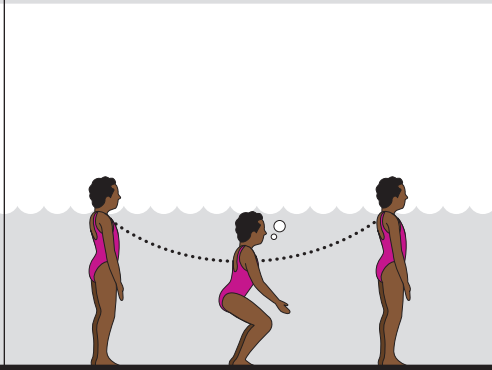
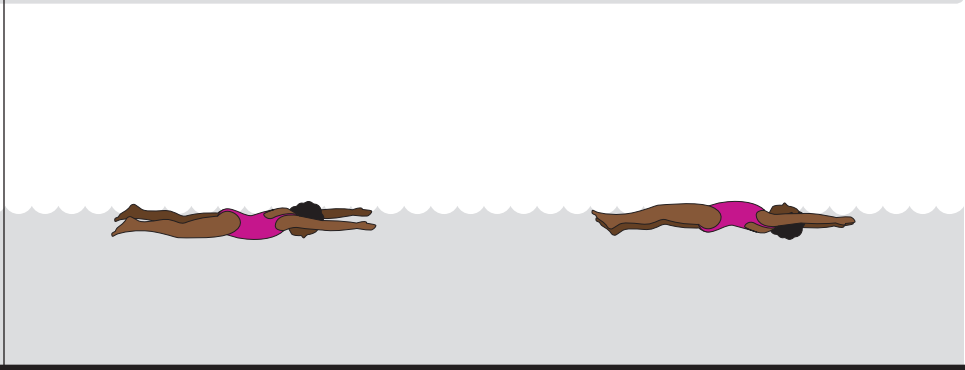
- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

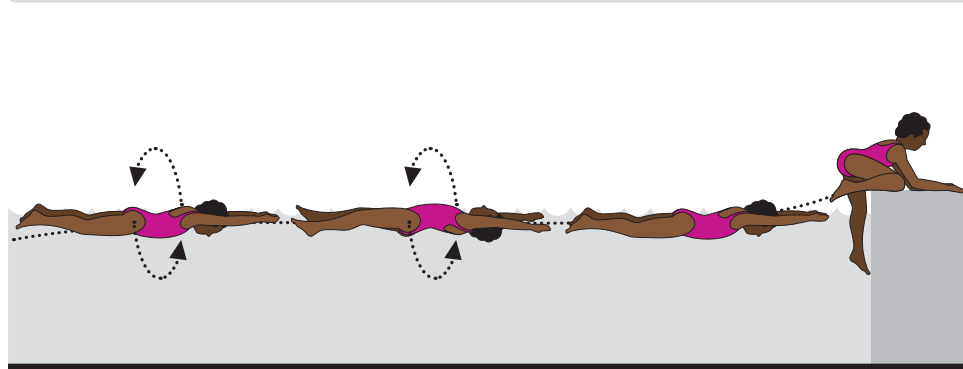
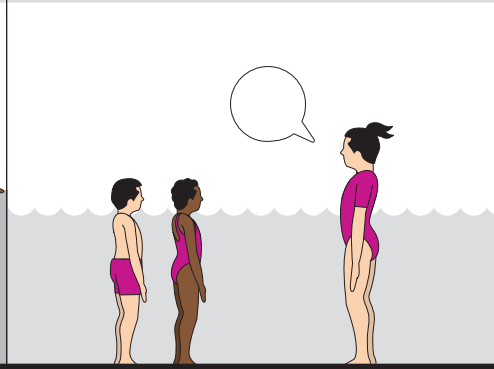
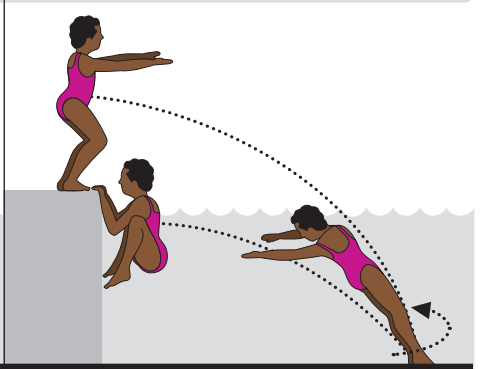
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.5

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>FRONT FLOAT</p> <ol style="list-style-type: none"> 1 Standing, face submerged, assisted 2 Standing, face submerged, on one foot, assisted 3 Front float, assisted, 10 secs. 4 Front float, assisted, 10 secs., recover independently <p>Skill & Topic Library: Activities</p> <p>Animal Float Be Like Starfish</p>	<p>BACK GLIDE</p> <ol style="list-style-type: none"> 1 Back walk, head back, away from wall, assisted 2 Back glide, assisted, at wall, on one foot 3 Back glide, assisted, at wall, 5 ft. <p>Skill & Topic Library: Activities</p> <p>Hula-Hoop Glide Target Glide Tube Pull or Rope Pull</p>

Lesson Guide 1.5 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 1.5	5 mins.	WRAP-UP	5 mins.
					

REVIEW SKILL

Work on skills that need improvement.

Skill & Topic Library: Activities

Select appropriate activities for the reviewed skill.

SUPERVISION

Discuss why it is important to have an adult present, supervising and watching, when swimmers are in the water:

Adults make sure you are safe and help you if you are in trouble. Remember to always ask permission before going near any water.

Ask students whether an adult who is on the phone or reading a magazine is properly supervising:

No. The adult is distracted. An adult needs to be attentive in case someone needs help quickly.

JUMP, PUSH, TURN, GRAB

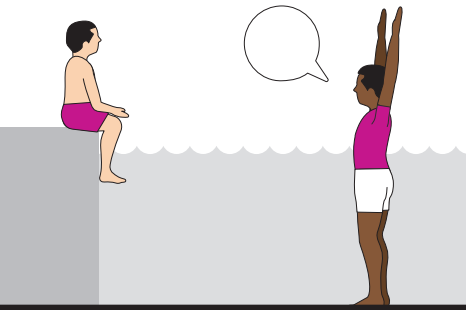
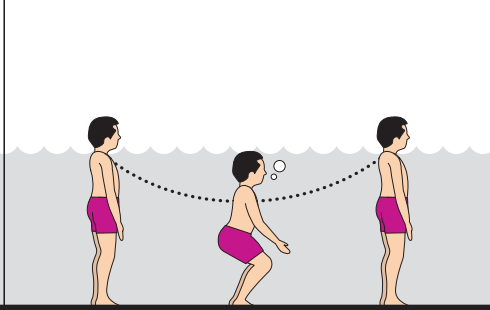
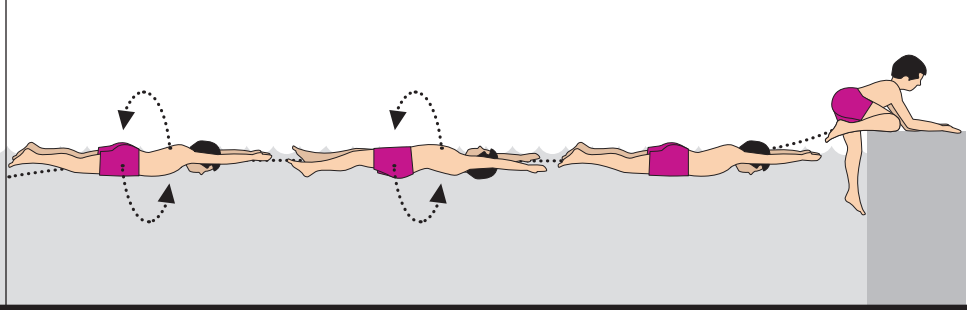
- 1 Jump & grab wall, assisted
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- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

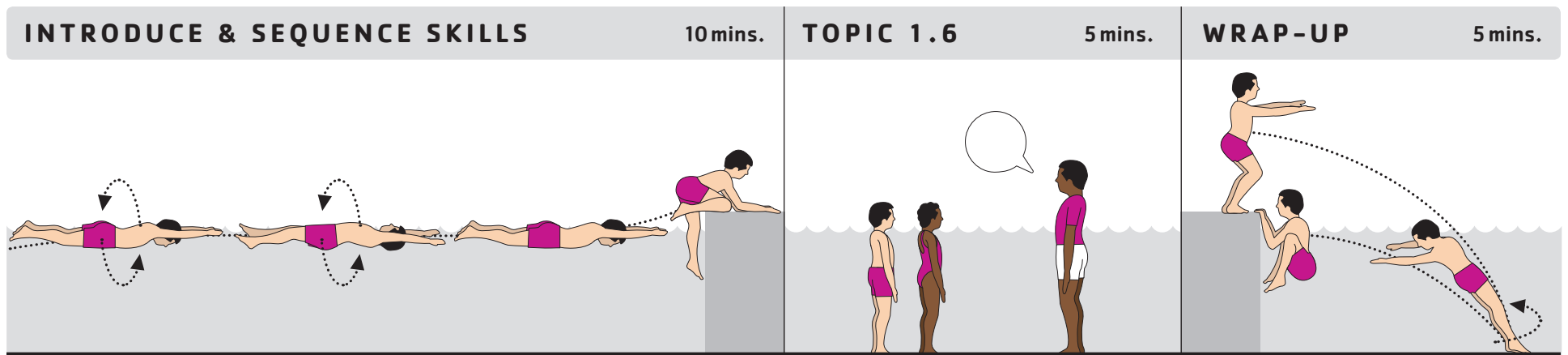
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.6

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>

Lesson Guide 1.6 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 1.6

5 mins.

WRAP-UP

5 mins.

REVIEW SKILL

Work on skills that need improvement.

Skill & Topic Library: Activities

Select appropriate activities for the reviewed skill.

REACH OR THROW, DON'T GO

Explain why it's important not to jump in to save a friend who is struggling in the water and what to do instead:

A panicked person in the water can grab you and pull you under. Use an object to reach out to your friend and pull him or her back to the shore, the bank, or the side of the pool. Use anything long enough to extend your reach or help your friend float, such as a pool noodle.

Have students practice a reaching assist and a throwing assist using various objects. Make sure they stay low to the ground and keep themselves safe.

JUMP, PUSH, TURN, GRAB

- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

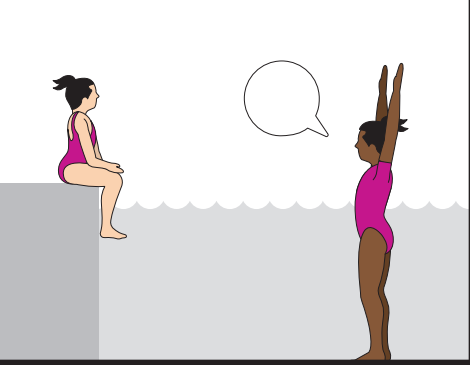
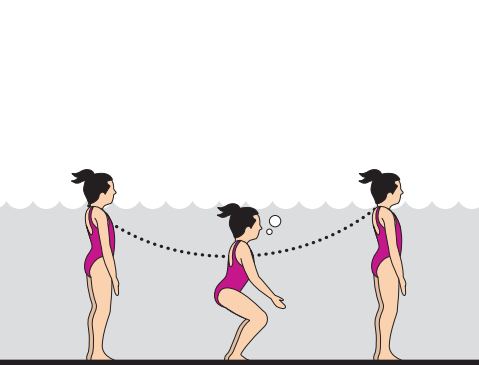
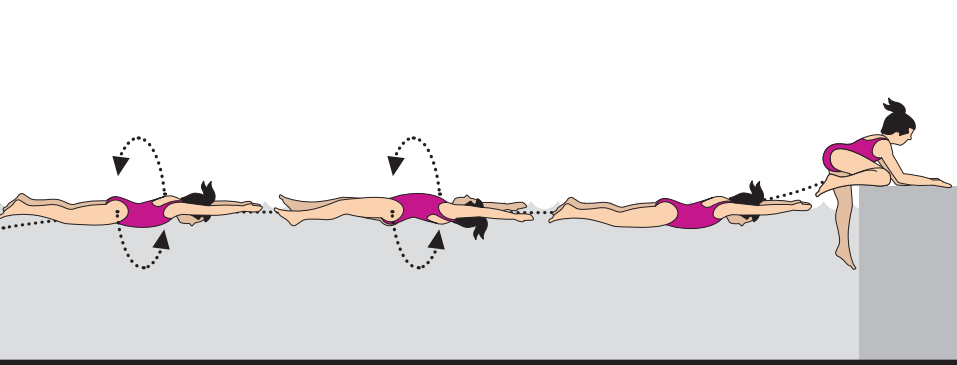
Chop, Chop, Timber

Favorite Animal

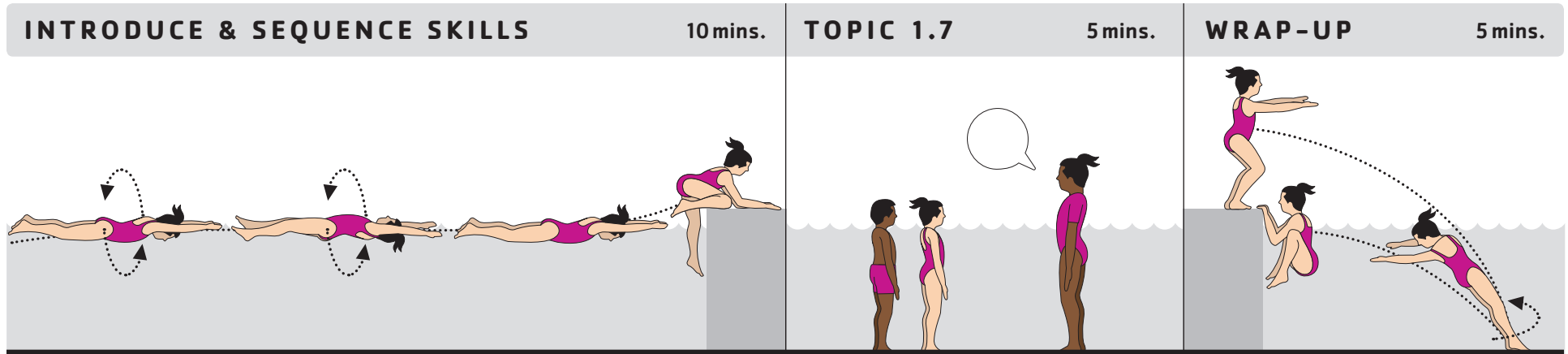
Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.7

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>

Lesson Guide 1.7 continued



SWIM, FLOAT, SWIM

- With life jackets on, perform swim, float, swim, assisted, 10 ft.
- Take life jackets off and perform swim, float, swim, assisted, 10 ft.

Skill & Topic Library: Activities

- Alligator Swim
- Partner Swim, Float, Swim
- Scenarios

LIFE JACKETS

Discuss when to use life jackets:

Until you pass a swim test, you should wear a life jacket in the water. Everyone, even strong swimmers, should wear a life jacket when participating in water sports, boating, or watercraft activities. In case of an accident, a life jacket will help you float until help arrives.

Discuss what to look for in a life jacket:

A proper life jacket should have the United States Coast Guard's seal of approval on the inside of the jacket.

JUMP, PUSH, TURN, GRAB

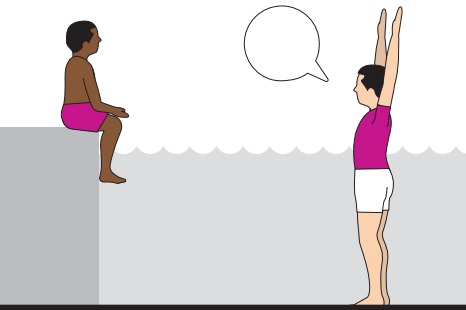
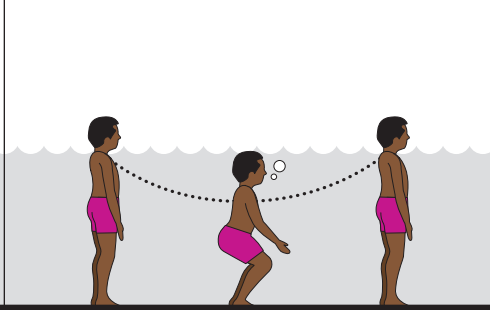
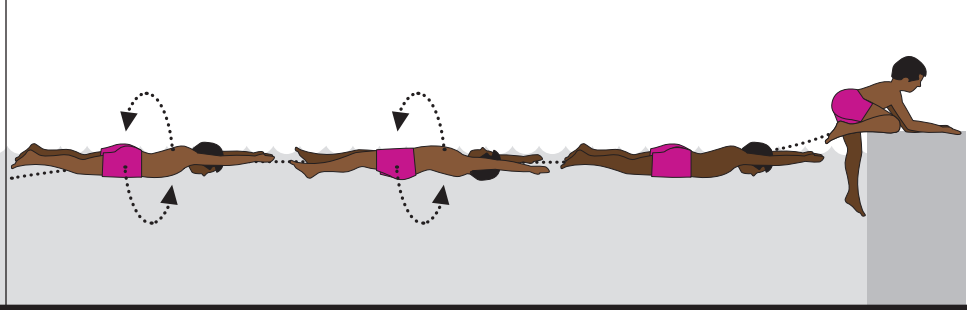
- 1 Jump & grab wall, assisted
- 2 Jump, push off bottom, grab wall, assisted
- 3 Jump, push, turn, assisted by guiding wrist, grab wall
- 4 Jump, push, turn, grab, assisted

Skill & Topic Library: Activities

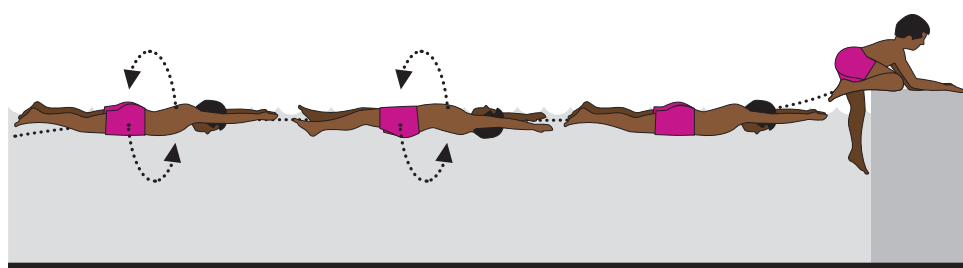
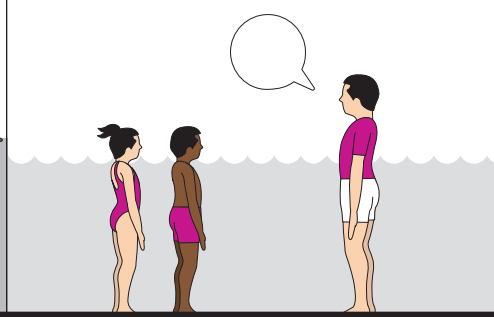
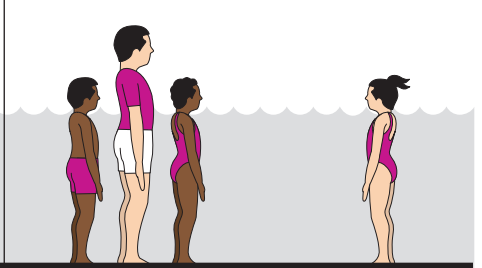
- Chop, Chop, Timber
- Favorite Animal
- Walk, Turn, Walk, Grab

Take a moment to reflect on and celebrate with students the progress they made during today's lesson.

Lesson Guide 1.8

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Use names. - Share pool and safety rules. - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names Ask Permission Name Game</p>	<p>SUBMERGE</p> <ol style="list-style-type: none"> 1 Blow bubbles 2 Get head & face wet 3 Submerge head 4 Submerge, bob independently <p>Skill & Topic Library: Activities</p> <p>Dig for a Bone Magic Soap Talk to the Fish</p>	<p>REVIEW SKILL</p> <p>Work on skills that need improvement.</p> <p>Skill & Topic Library: Activities</p> <p>Select appropriate activities for the reviewed skill.</p>

Lesson Guide 1.8 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 1.8	5 mins.	WRAP-UP	5 mins.
					

REVIEW SKILL

Work on skills that need improvement.

Skill & Topic Library: Activities

Select appropriate activities for the reviewed skill.

SAFE SWIM AREA

Discuss what could be dangerous in the pool:

- Broken glass
- Cloudy water
- Diving in shallow water
- Swimming without an adult present
- Pool drains

Remind students never to approach water without an adult present and to look before they leap.

GROUP GAME

To celebrate achievement, play a group game that involves everyone, including the instructor.

Skill & Topic Library: Activities

Have students select an activity.