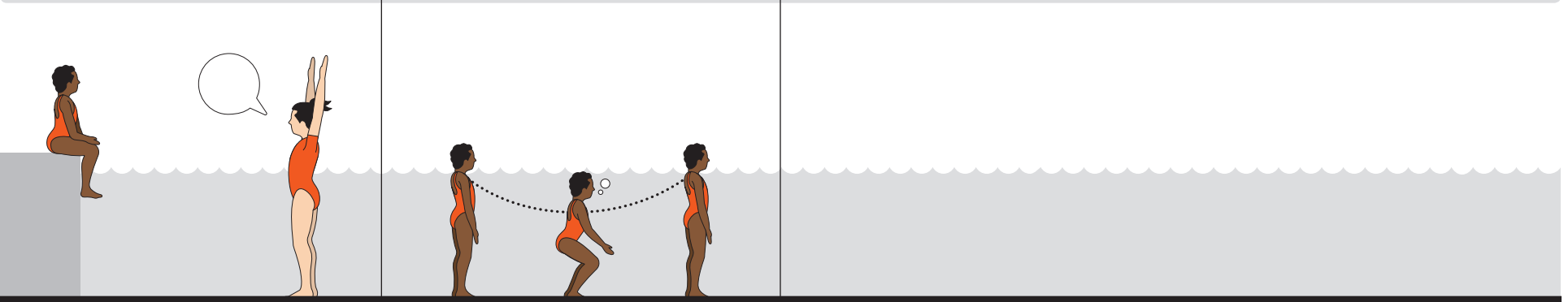
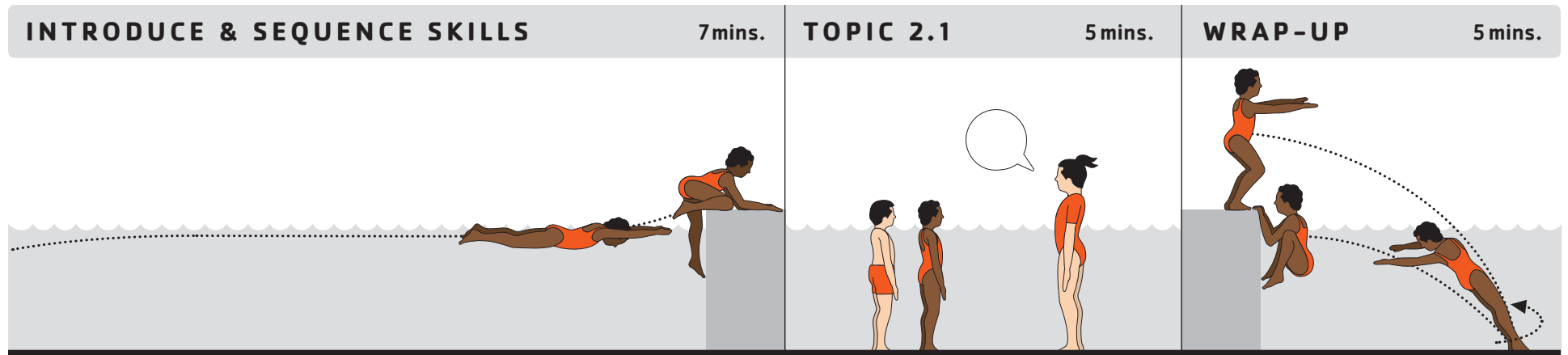


Lesson Guide 2.1

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish</p> <p>Target Submerge</p> <p>Underwater Band</p>	<p>There are no skills to review today.</p>			

Lesson Guide 2.1 continued



FRONT GLIDE

- 1 Front glide, assisted, to wall, 5 ft.
- 2 Front glide, to wall, three arms' lengths, touch wall with fingertips
- 3 Front glide, to object near wall
- 4 Front glide, 10 ft. (5 ft. preschool)

Skill & Topic Library: Activities

- 3-2-1 Blastoff!
- Superhero Glide
- Target Glide

WATER EXIT

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

Skill & Topic Library: Activities

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

TOPIC 2.1

5 mins.

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

WRAP-UP

5 mins.

JUMP, PUSH, TURN, GRAB

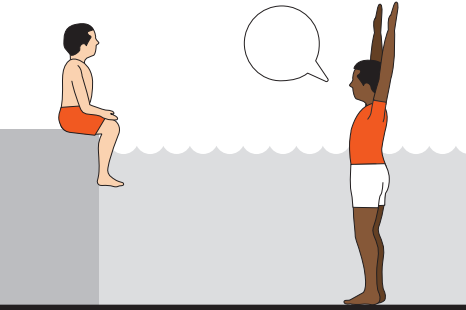
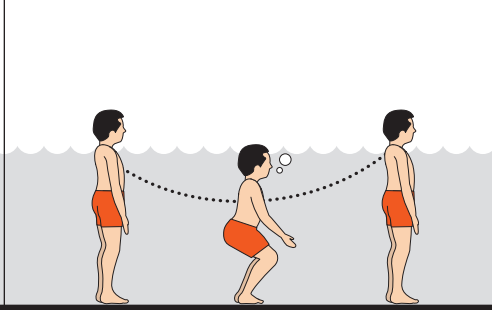
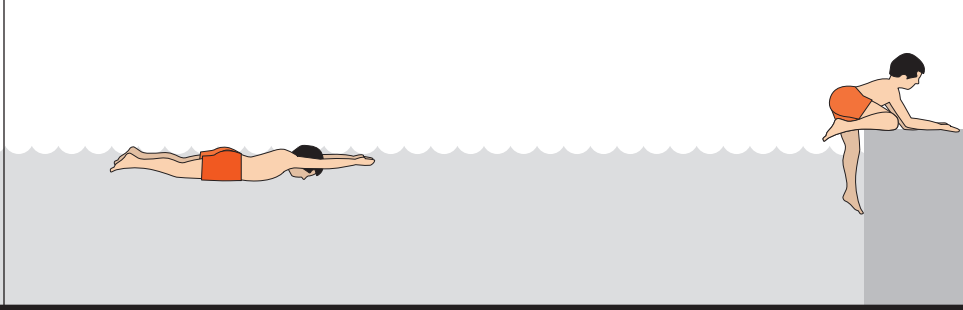
- 1 Jump, push, turn, grab, assisted
- 2 Jump, push, turn, grab

Skill & Topic Library: Activities

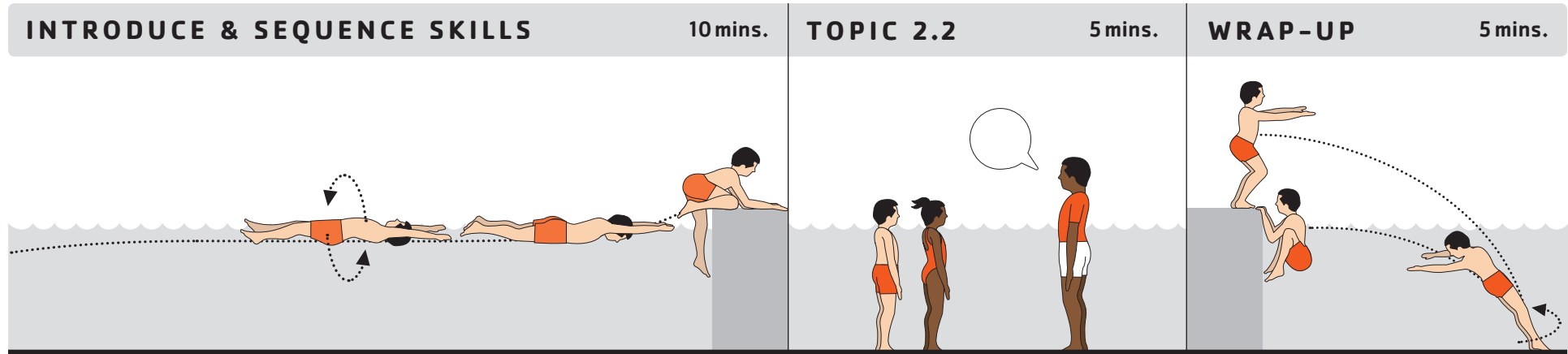
- Jump Into My Circle
- Jumping Contest
- Water Color

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

Lesson Guide 2.2

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</p>	<p>FRONT GLIDE</p> <ol style="list-style-type: none"> 1 Front glide, assisted, to wall, 5 ft. 2 Front glide, to wall, three arms' lengths, touch wall with fingertips 3 Front glide, to object near wall 4 Front glide, 10 ft. (5 ft. preschool) <p>Skill & Topic Library: Activities</p> <p>3-2-1 Blastoff! Superhero Glide Target Glide</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 2.2 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 2.2

5 mins.

WRAP-UP

5 mins.

BACK FLOAT

- 1 Back float, assisted, 10 secs., recover independently
- 2 Back float, 20 secs. (10 secs. preschool)

Skill & Topic Library: Activities

- Noodle Wrestle
- Tummy Ride
- Wave to the Fishies

ROLL

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

Skill & Topic Library: Activities

- Alligator Roll
- Flip-Flop
- Hula-Hoop Roll

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

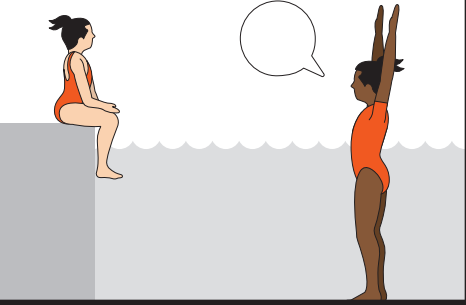
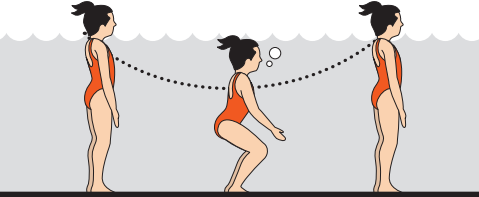

- 1 Jump, push, turn, grab, assisted
- 2 Jump, push, turn, grab

Skill & Topic Library: Activities

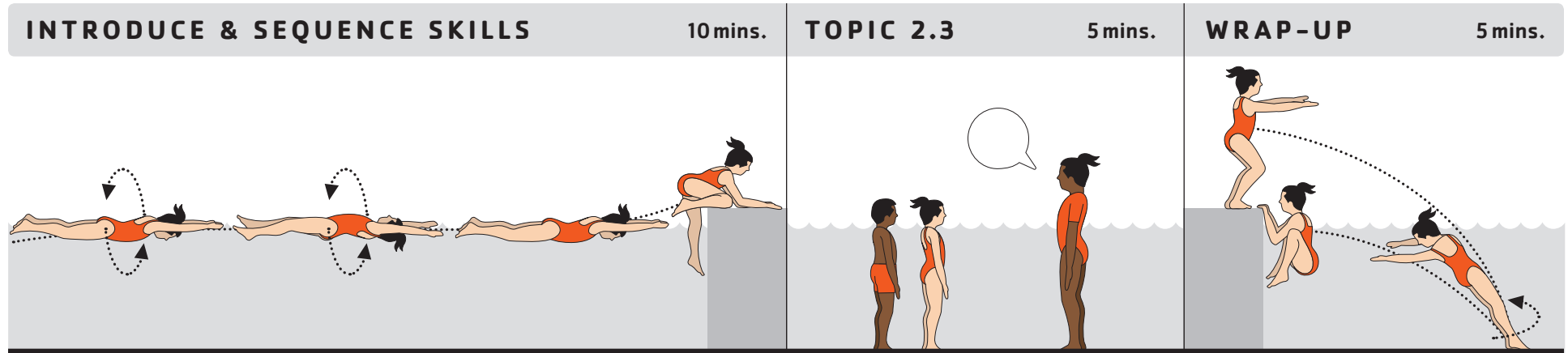
- Jump Into My Circle
- Jumping Contest
- Water Color

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

Lesson Guide 2.3

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</p>	<p>BACK FLOAT</p> <ol style="list-style-type: none"> 1 Back float, assisted, 10 secs., recover independently 2 Back float, 20 secs. (10 secs. preschool) <p>Skill & Topic Library: Activities</p> <p>Noodle Wrestle Tummy Ride Wave to the Fishies</p> <p>ROLL</p> <ol style="list-style-type: none"> 1 Roll, assisted, back to front & front to back 2 Roll, back to front & front to back <p>Skill & Topic Library: Activities</p> <p>Alligator Roll Flip-Flop Hula-Hoop Roll</p>	

Lesson Guide 2.3 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 2.3

5 mins.

WRAP-UP

5 mins.

FRONT GLIDE

- 1 Front glide, assisted, to wall, 5 ft.
- 2 Front glide, to wall, three arms' lengths, touch wall with fingertips
- 3 Front glide, to object near wall
- 4 Front glide, 10 ft. (5 ft. preschool)

Skill & Topic Library: Activities

- 3-2-1 Blastoff!
- Superhero Glide
- Target Glide

ROLL

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

Skill & Topic Library: Activities

- Alligator Roll
- Flip-Flop
- Hula-Hoop Roll

FIND HELP

Ask students to list who can help them in the pool area:

- Parents and other family members
- Lifeguards
- Swim Instructors

Let the students know they can go to any of these individuals for help:

- 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
- If someone else is doing something unsafe

JUMP, PUSH, TURN, GRAB

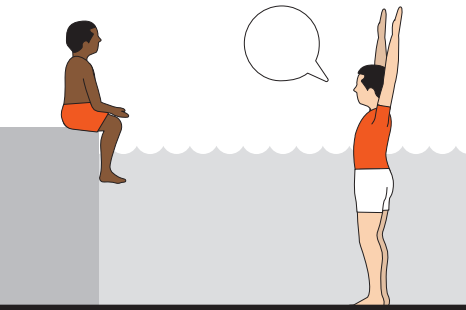
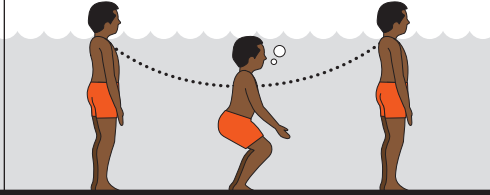
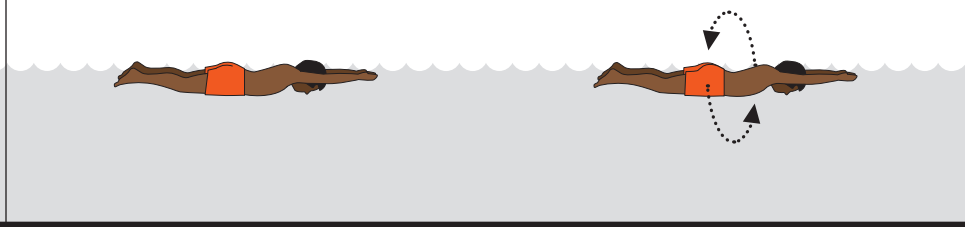
- 1 Jump, push, turn, grab, assisted
- 2 Jump, push, turn, grab

Skill & Topic Library: Activities

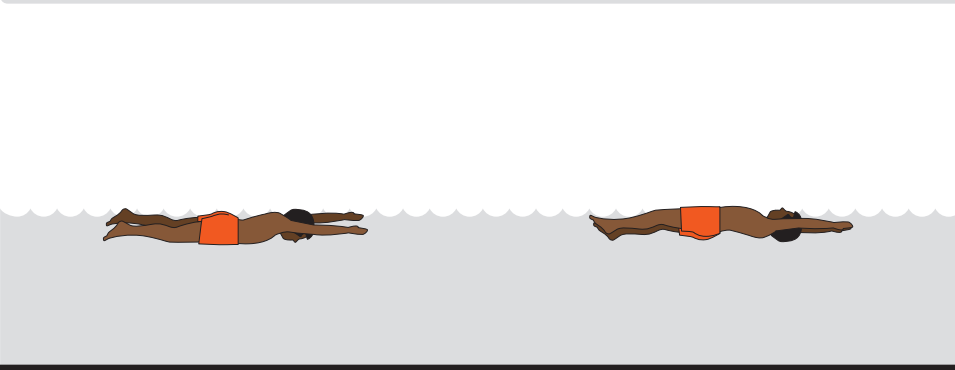
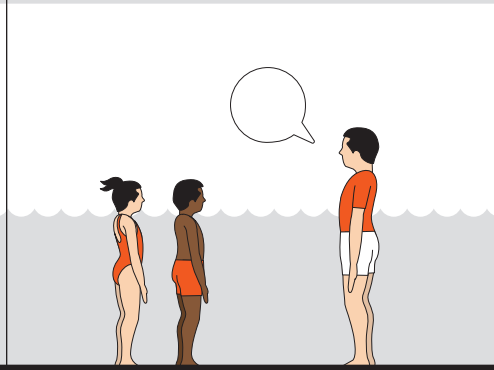
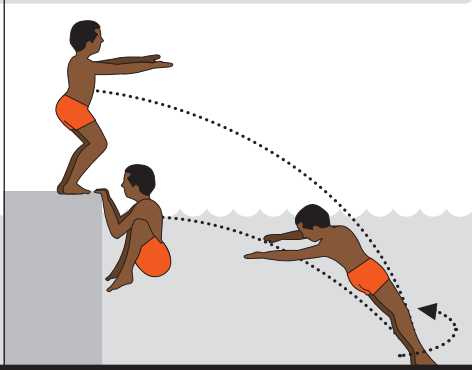
- Jump Into My Circle
- Jumping Contest
- Water Color

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

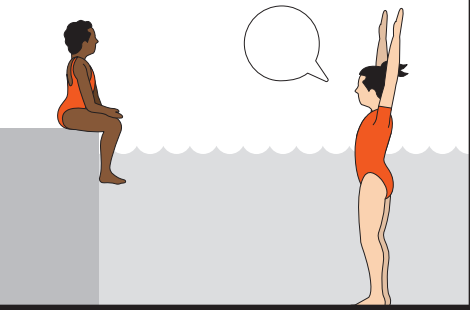
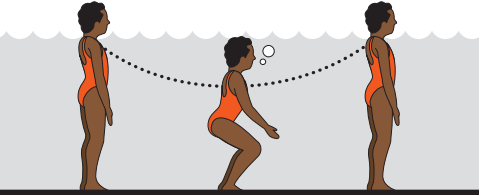

Lesson Guide 2.4

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</p>	<p>FRONT GLIDE</p> <ol style="list-style-type: none"> 1 Front glide, assisted, to wall, 5 ft. 2 Front glide, to wall, three arms' lengths, touch wall with fingertips 3 Front glide, to object near wall 4 Front glide, 10 ft. (5 ft. preschool) <p>Skill & Topic Library: Activities</p> <p>3-2-1 Blastoff! Superhero Glide Target Glide</p>	<p>ROLL</p> <ol style="list-style-type: none"> 1 Roll, assisted, back to front & front to back 2 Roll, back to front & front to back <p>Skill & Topic Library: Activities</p> <p>Alligator Roll Flip-Flop Hula-Hoop Roll</p>


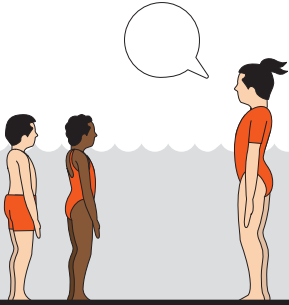
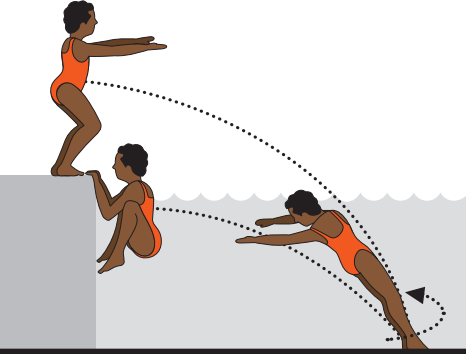
Lesson Guide 2.4 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 2.4	5 mins.	WRAP-UP	5 mins.
					
<p>FRONT FLOAT</p> <ol style="list-style-type: none"> 1 Front float, assisted, 10 secs., recover independently 2 Front float, 20 secs. (10 secs. preschool) <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Animal Float Float & Stand How Many Ways? 	<p>BACK GLIDE</p> <ol style="list-style-type: none"> 1 Back glide, assisted, at wall, 5 ft. 2 Back glide, at wall, on one foot 3 Back glide, at wall, 5 ft. 4 Back glide, 10 ft. (5 ft. preschool) <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> 3-2-1 Blastoff! Superhero Glide Target Glide 	<p>BENCHMARK SKILLS</p> <p>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:</p> <ul style="list-style-type: none"> - 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. 	<p>JUMP, PUSH, TURN, GRAB</p> <ol style="list-style-type: none"> 1 Jump, push, turn, grab, assisted 2 Jump, push, turn, grab <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Jump Into My Circle Jumping Contest Water Color <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

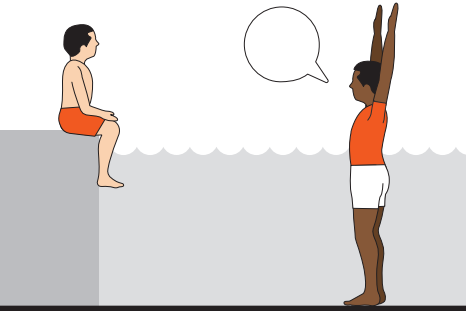
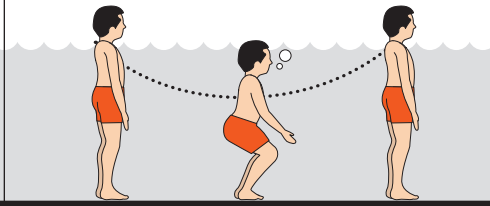
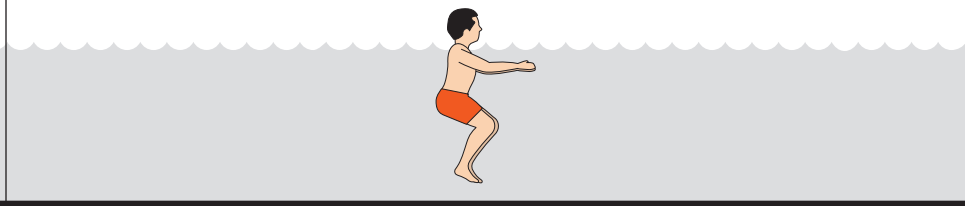
Lesson Guide 2.5

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</p>	<p>FRONT FLOAT</p> <ol style="list-style-type: none"> 1 Front float, assisted, 10 secs., recover independently 2 Front float, 20 secs. (10 secs. preschool) <p>Skill & Topic Library: Activities</p> <p>Animal Float Float & Stand How Many Ways?</p>	<p>BACK GLIDE</p> <ol style="list-style-type: none"> 1 Back glide, assisted, at wall, 5 ft. 2 Back glide, at wall, on one foot 3 Back glide, at wall, 5 ft. 4 Back glide, 10 ft. (5 ft. preschool) <p>Skill & Topic Library: Activities</p> <p>3-2-1 Blastoff! Superhero Glide Target Glide</p>

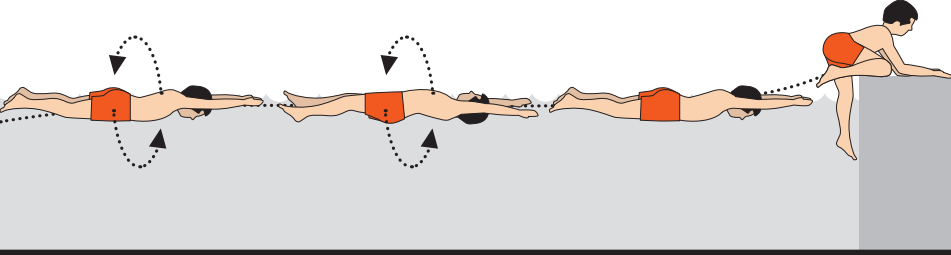
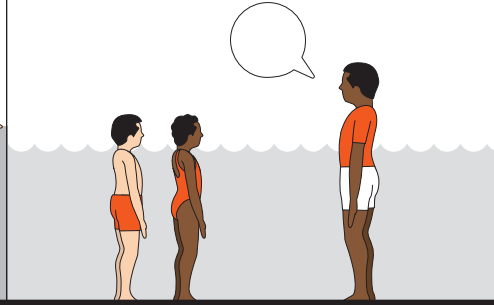
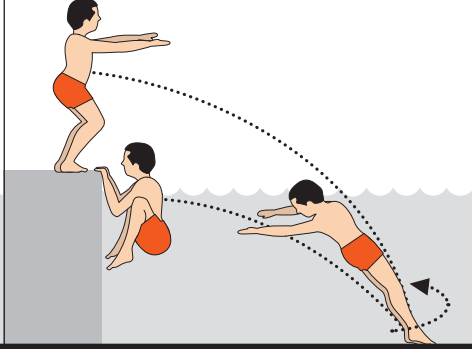
Lesson Guide 2.5 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 2.5	5 mins.	WRAP-UP	5 mins.
			<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Kick vertically, wearing flotation device 2 Scull with arms vertically, wearing flotation device 3 Kick & scull vertically, wearing flotation device 4 Tread water, 10 secs., near wall, & exit <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Kick-Outs Kick-Ups Smooth the Sand 	<p>SUPERVISION</p> <p>Discuss why it is important to have an adult present, supervising and watching, when swimmers are in the water:</p> <p>Adults make sure you are safe and help you if you are in trouble. Remember to always ask permission before going near any water.</p> <p>Ask students whether an adult who is on the phone or reading a magazine is properly supervising:</p> <p>No. The adult is distracted. An adult needs to be attentive in case someone needs help quickly.</p>	<p>JUMP, PUSH, TURN, GRAB</p> <ol style="list-style-type: none"> 1 Jump, push, turn, grab, assisted 2 Jump, push, turn, grab <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Jump Into My Circle Jumping Contest Water Color <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>

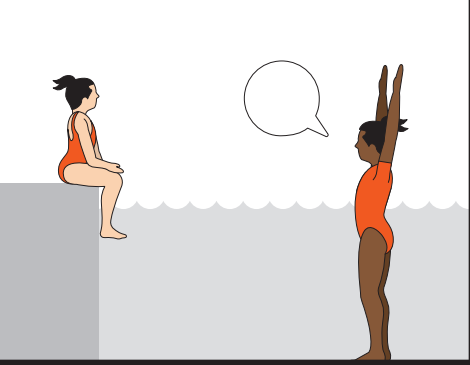
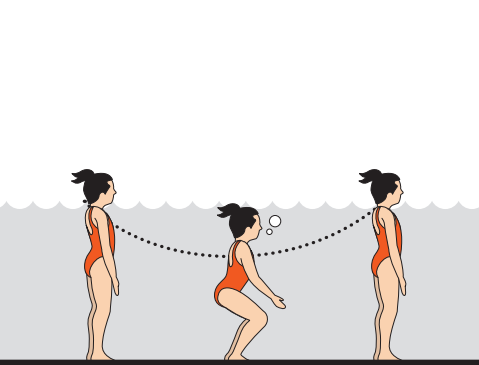
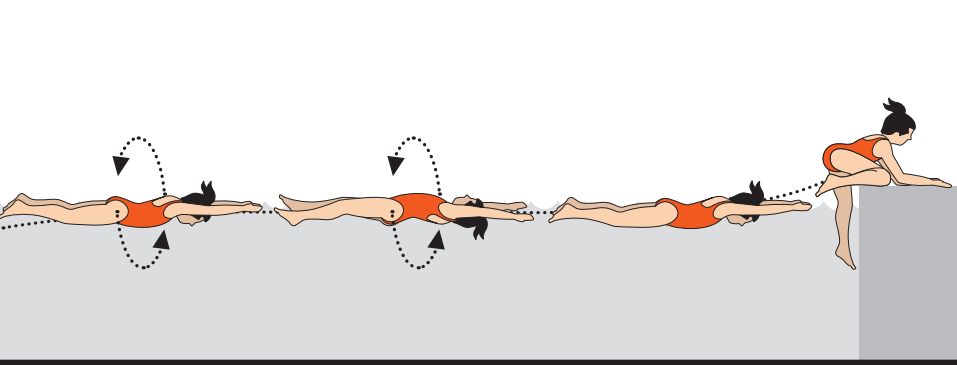
Lesson Guide 2.6

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</p>	<p>TREAD WATER</p> <ol style="list-style-type: none"> 1 Kick vertically, wearing flotation device 2 Scull with arms vertically, wearing flotation device 3 Kick & scull vertically, wearing flotation device 4 Tread water, 10 secs., near wall, & exit <p>Skill & Topic Library: Activities</p> <p>Kick-Outs Kick-Ups Smooth the Sand</p>

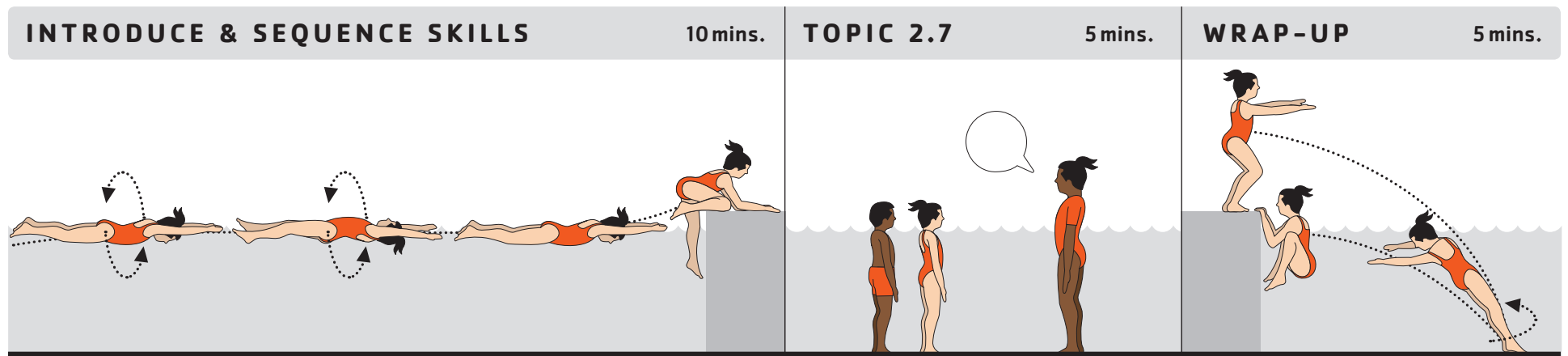
Lesson Guide 2.6 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 2.6	5 mins.	WRAP-UP	5 mins.
					
<p>SWIM, FLOAT, SWIM</p> <ul style="list-style-type: none"> - With life jackets on, perform swim, float, swim, 5 yd. - Take life jackets off and perform swim, float, swim, 5 yd. <p>Skill & Topic Library: Activities</p> <p>Hula-Hoop Swim</p> <p>Scenarios</p> <p>Twenty Ways</p>		<p>LIFE JACKETS</p> <p>Discuss when to use life jackets:</p> <p>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.</p> <p>Discuss what to look for in a life jacket:</p> <p>A proper life jacket should have the United States Coast Guard's seal of approval on the inside of the jacket.</p>		<p>JUMP, PUSH, TURN, GRAB</p> <ol style="list-style-type: none"> 1 Jump, push, turn, grab, assisted 2 Jump, push, turn, grab <p>Skill & Topic Library: Activities</p> <p>Jump Into My Circle</p> <p>Jumping Contest</p> <p>Water Color</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>	

Lesson Guide 2.7

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</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 2.7 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC 2.7

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, push, turn, grab, assisted
- 2 Jump, push, turn, grab

Skill & Topic Library: Activities

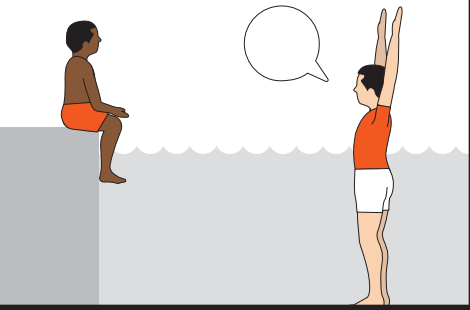
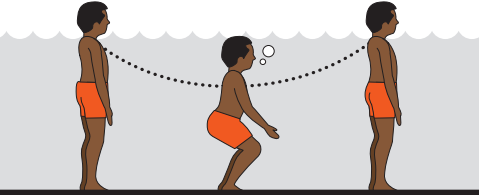
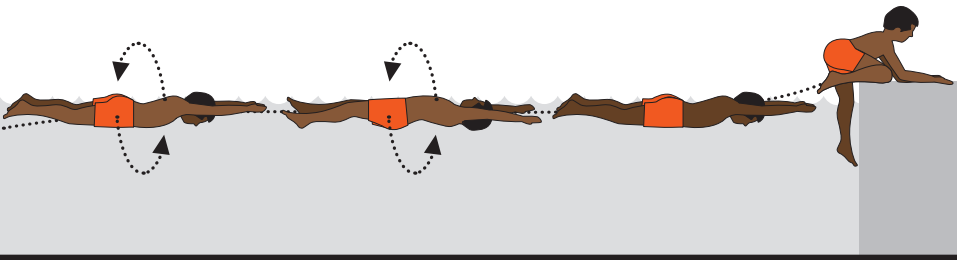
Jump Into My Circle

Jumping Contest

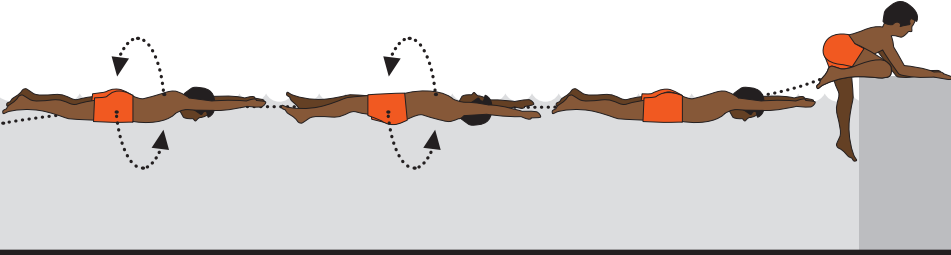
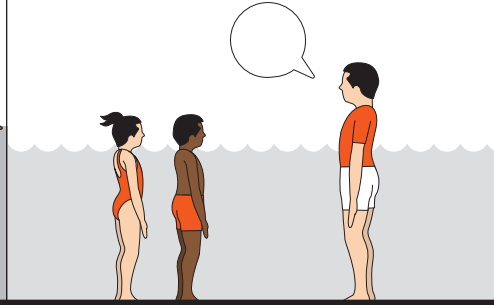
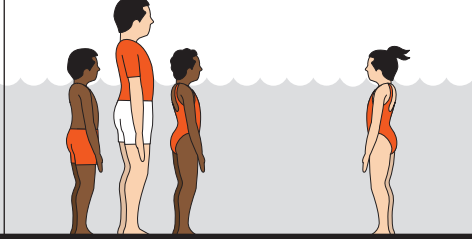
Water Color

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

Lesson Guide 2.8

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 Submerge, bob independently 2 Submerge, 3 secs., exhale, surface, inhale 3 Submerge, look at object on bottom <p>Skill & Topic Library: Activities</p> <p>Talk to the Fish Target Submerge Underwater Band</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 2.8 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 2.8	5 mins.	WRAP-UP	5 mins.
			<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>	<p>BACKYARD POOLS</p> <p>Ask students what they can do to keep themselves safe in their, or a friend's, backyard pool:</p> <ul style="list-style-type: none"> - Don't swim without permission or without adult supervision. - Ask an adult for help if you want something in or around the pool. - Keep your hands, fingers, feet, and toes out of any openings in the pool, such as grates. - Don't swim or play in hot tubs or whirlpools. 	<p>GROUP GAME</p> <p>To celebrate achievement, play a group game that involves everyone, including the instructor.</p> <p>Skill & Topic Library: Activities</p> <p>Have students select an activity.</p>