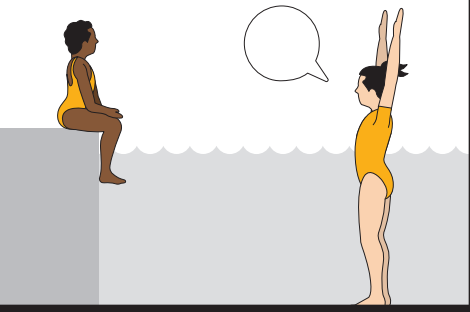

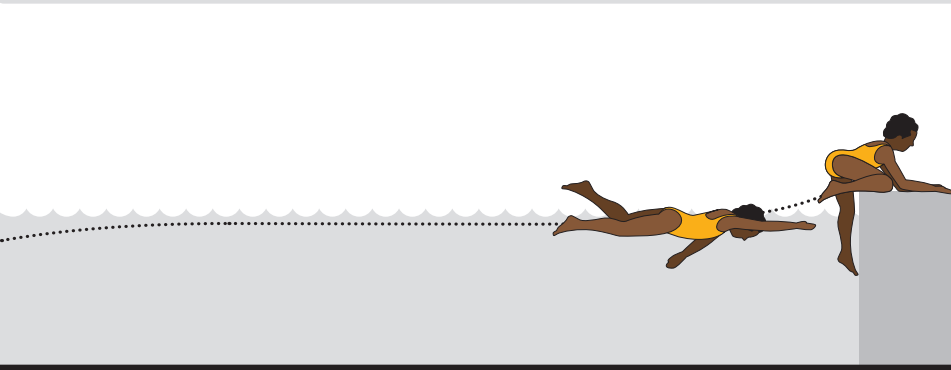
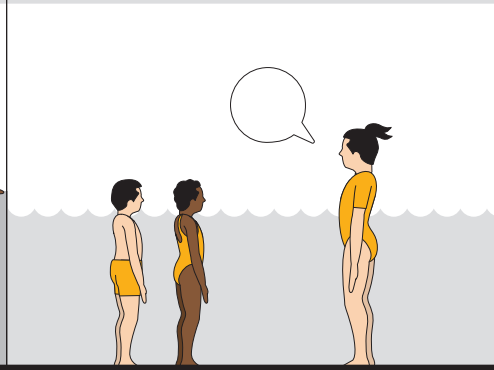
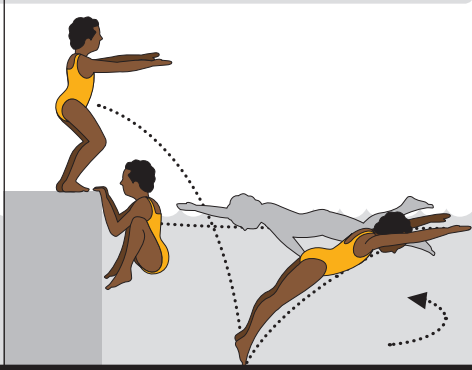


# Lesson Guide 3.1

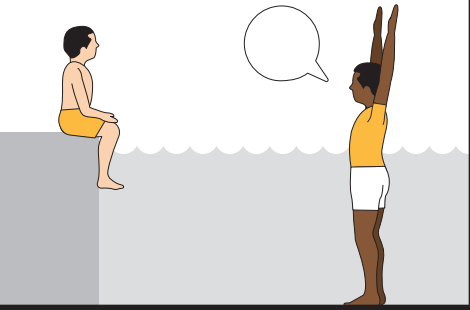
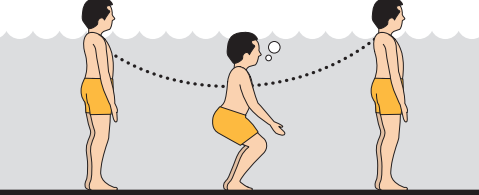
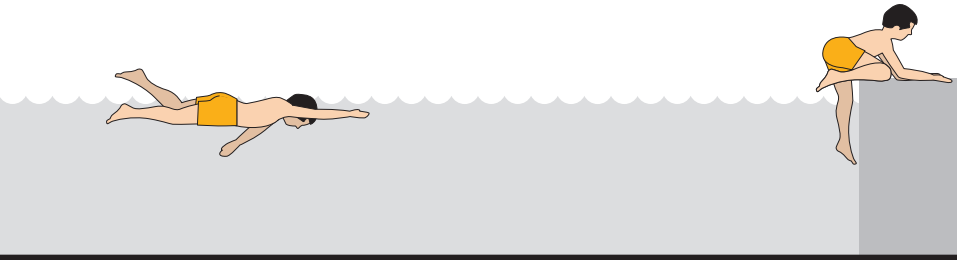
**CAUTION:** Limit participants to a single inhalation whenever you ask them to hold their breath and submerge. Set safety limits when setting up activities that involve submerging or swimming underwater. When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish 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><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Learn and use names.</li> <li>- Share pool and safety rules.</li> <li>- Set behavior expectations.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names</p> <p>Ask Permission</p> <p>Name Game</p>		<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole</p> <p>Hoop Swim</p> <p>Treasure Dive</p>		<p>There are no skills to review today.</p>	

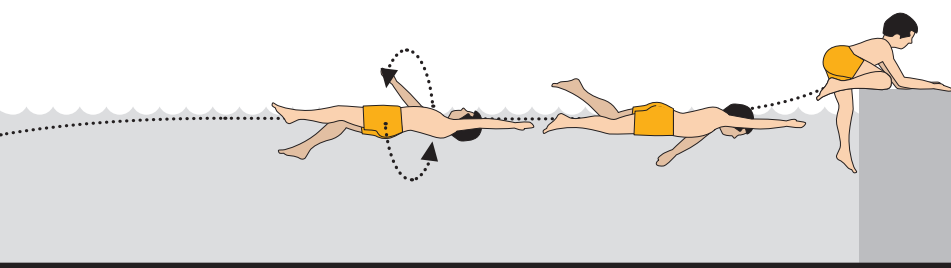
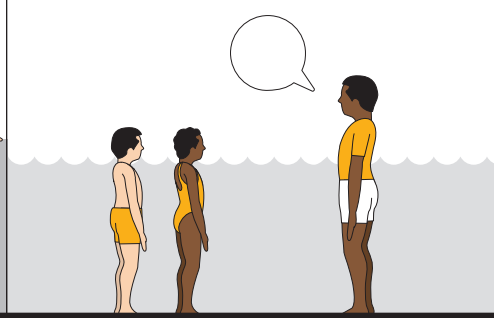
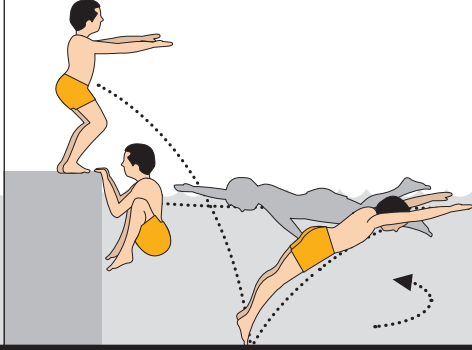
# Lesson Guide 3.1 continued

INTRODUCE & SEQUENCE SKILLS	7 mins.	TOPIC 3.1	5 mins.	WRAP-UP	5 mins.
					
<p><b>SWIM ON FRONT</b></p> <ol style="list-style-type: none"> <li>1 Front glide, 10 ft. (5 ft. preschool)</li> <li>2 Front glide, roll to side glide</li> <li>3 Front glide, with kick, roll to side glide</li> <li>4 Swim on front, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>1-2-3-Breathe Drill</li> <li>Fish Fins</li> <li>Three-Pulls-&amp;-a-Roll Drill</li> </ul>	<p><b>WATER EXIT</b></p> <ol style="list-style-type: none"> <li>1 Elbow, elbow, tummy, knee, assisted</li> <li>2 Water exit, independently</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>In &amp; Out</li> <li>Treasure Chest</li> <li>Wake-Up Shark</li> </ul>	<p><b>BUILDING RELATIONSHIPS</b></p> <p><b>To get acquainted, have all students share their names and one thing about themselves:</b></p> <ul style="list-style-type: none"> <li>- Favorite food, animal, or activity</li> <li>- Favorite thing to do in the water</li> <li>- What they did that day</li> </ul> <p><b>Celebrate first-day achievements, such as the following, as a group:</b></p> <ul style="list-style-type: none"> <li>- Listening</li> <li>- Helping others</li> <li>- Effort</li> </ul>	<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Hoop Jump</li> <li>Jumping Contest</li> <li>Parachute Jump</li> </ul> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

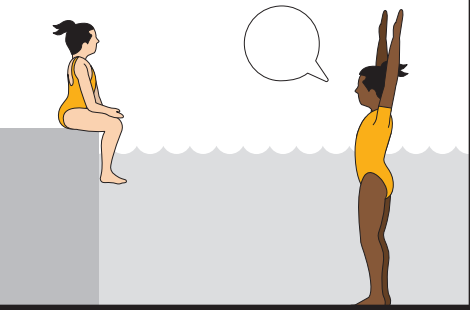
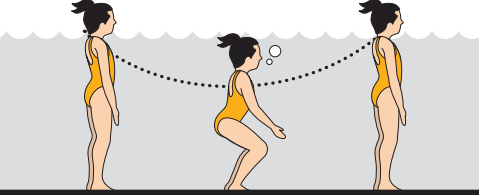
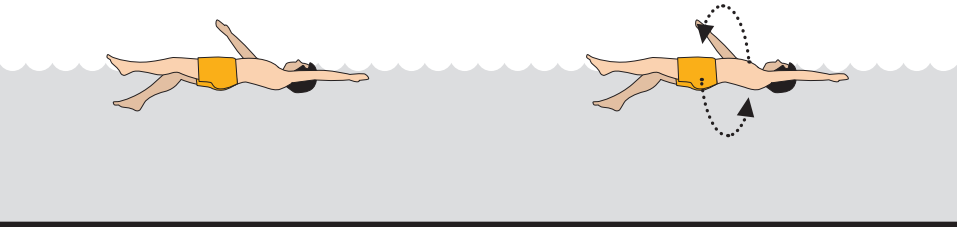
# Lesson Guide 3.2

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>SWIM ON FRONT</b></p> <ol style="list-style-type: none"> <li>1 Front glide, 10 ft. (5 ft. preschool)</li> <li>2 Front glide, roll to side glide</li> <li>3 Front glide, with kick, roll to side glide</li> <li>4 Swim on front, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>1-2-3-Breathe Drill Fish Fins Three-Pulls-&amp;-a-Roll Drill</p>	<p><b>WATER EXIT</b></p> <ol style="list-style-type: none"> <li>1 Elbow, elbow, tummy, knee, assisted</li> <li>2 Water exit, independently</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>In &amp; Out Treasure Chest Wake-Up Shark</p>

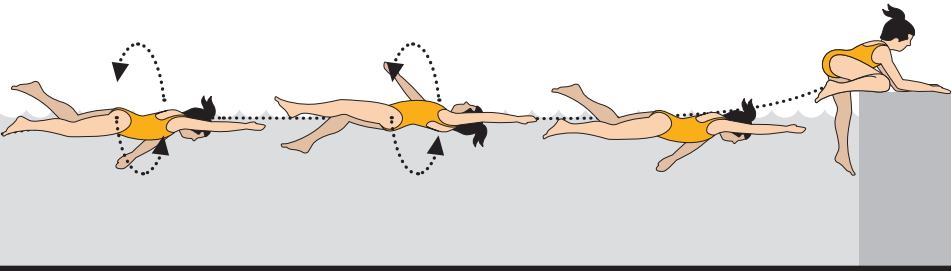
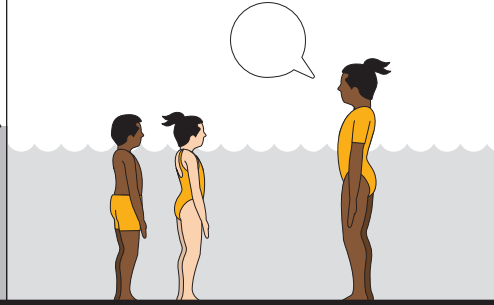
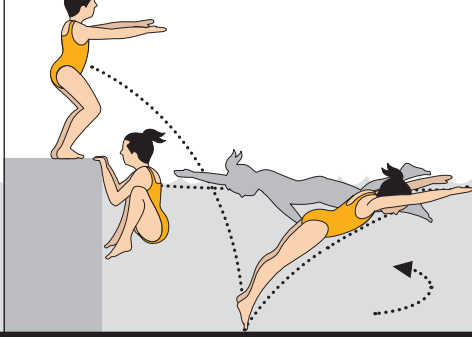
# Lesson Guide 3.2 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.2	5 mins.	WRAP-UP	5 mins.
					
<p><b>SWIM ON BACK</b></p> <ol style="list-style-type: none"> <li>1 Back glide, 10 ft. (5 ft. preschool)</li> <li>2 Back glide, with kick</li> <li>3 Swim on back, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Back Kick With Kickboard</p> <p>Fish Fins</p> <p>Hard &amp; Soft</p>	<p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Corkscrew</p> <p>Flip-Flop</p> <p>Noodle Wrestle</p>	<p><b>THE Y's CORE VALUES</b></p> <p><b>Explain that core values are the shared beliefs that guide our behavior and interactions. List the Y's four core values:</b></p> <ul style="list-style-type: none"> <li>- <b>Caring:</b> Show a sincere concern for others</li> <li>- <b>Honesty:</b> Be truthful in what you say and do</li> <li>- <b>Respect:</b> Follow the golden rule</li> <li>- <b>Responsibility:</b> Be accountable for your promises and actions</li> </ul> <p><b>Ask students to explain what each value means and share an example of how they've demonstrated one of the core values.</b></p>	<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Hoop Jump</p> <p>Jumping Contest</p> <p>Parachute Jump</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

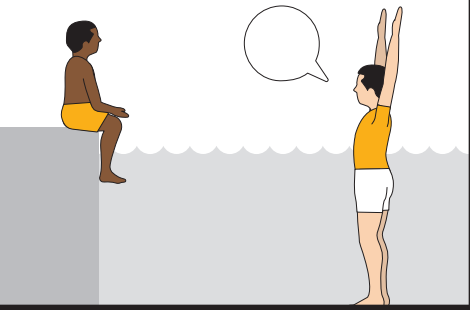
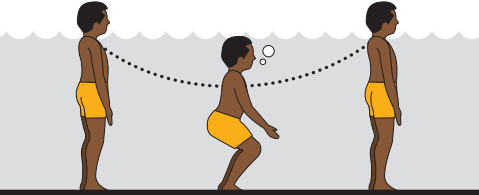
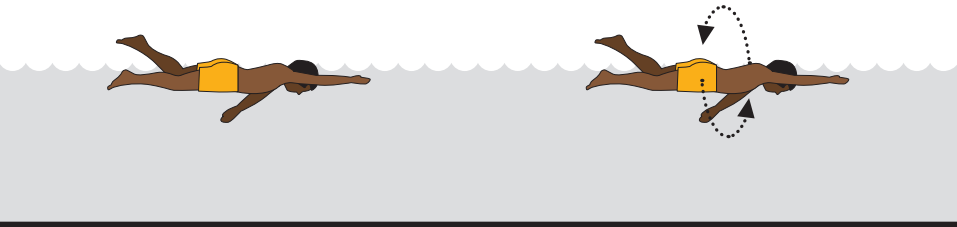
# Lesson Guide 3.3

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>SWIM ON BACK</b></p> <ol style="list-style-type: none"> <li>1 Back glide, 10 ft. (5 ft. preschool)</li> <li>2 Back glide, with kick</li> <li>3 Swim on back, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Back Kick With Kickboard Fish Fins Hard &amp; Soft</p> <p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Corkscrew Flip-Flop Noodle Wrestle</p>	


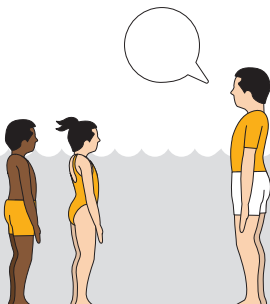
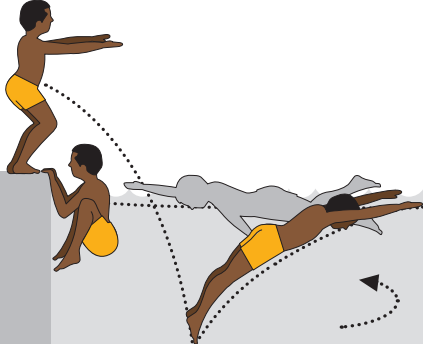
# Lesson Guide 3.3 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.3	5 mins.	WRAP-UP	5 mins.
					
<p><b>SWIM ON FRONT</b></p> <ol style="list-style-type: none"> <li>1 Front glide, 10 ft. (5 ft. preschool)</li> <li>2 Front glide, roll to side glide</li> <li>3 Front glide, with kick, roll to side glide</li> <li>4 Swim on front, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>1-2-3-Breathe Drill</li> <li>Fish Fins</li> <li>Three-Pulls-&amp;-a-Roll Drill</li> </ul>	<p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Corkscrew</li> <li>Flip-Flop</li> <li>Noodle Wrestle</li> </ul>	<p><b>SUN SAFETY</b></p> <p><b>Discuss what can happen if people stay out in the sun too long (without any protection):</b></p> <ul style="list-style-type: none"> <li>- Sunburn</li> <li>- Heatstroke</li> <li>- Dehydration</li> </ul> <p><b>Ask students what can provide protection from the sun:</b></p> <p>Sunscreen, hat, sunglasses, T-shirt, drinking water, staying in the shade</p>	<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Hoop Jump</li> <li>Jumping Contest</li> <li>Parachute Jump</li> </ul> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>		

# Lesson Guide 3.4

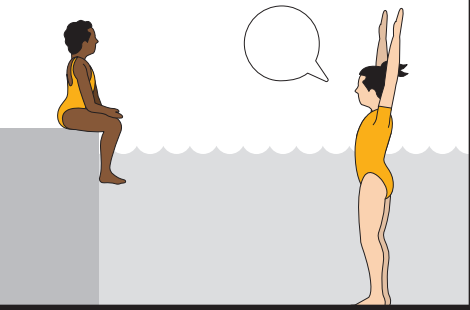
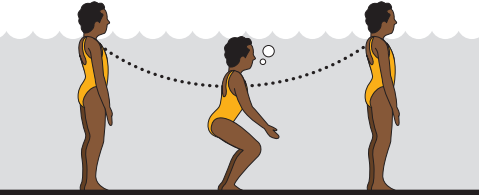
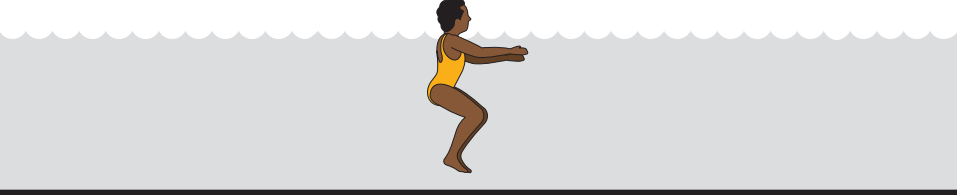
WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.	
			
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> <li>- Tell students to come with their clothes over their swimsuits next lesson.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Animal Names</li> <li>Ask Permission</li> <li>Name Game</li> </ul>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Firefighter Pole</li> <li>Hoop Swim</li> <li>Treasure Dive</li> </ul>	<p><b>SWIM ON FRONT</b></p> <ol style="list-style-type: none"> <li>1 Front glide, 10 ft. (5 ft. preschool)</li> <li>2 Front glide, roll to side glide</li> <li>3 Front glide, with kick, roll to side glide</li> <li>4 Swim on front, 15 yd. (10 yd. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>1-2-3-Breathe Drill</li> <li>Fish Fins</li> <li>Three-Pulls-&amp;-a-Roll Drill</li> </ul> <p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Corkscrew</li> <li>Flip-Flop</li> <li>Noodle Wrestle</li> </ul>	

# Lesson Guide 3.4 continued

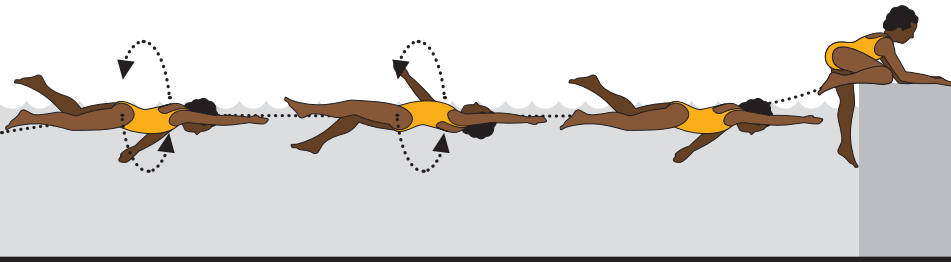
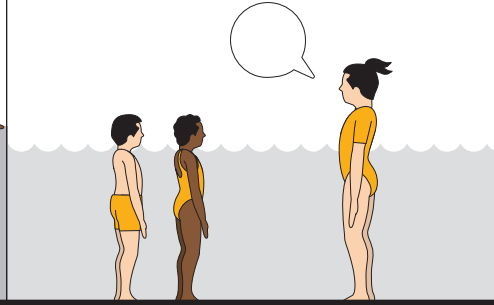
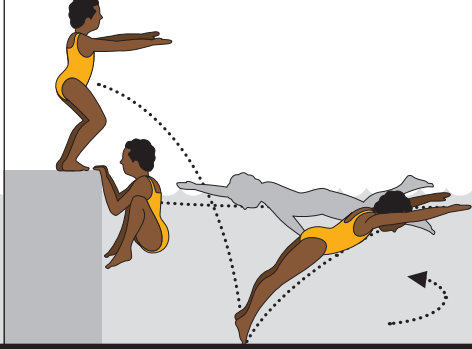
INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.4	5 mins.	WRAP-UP	5 mins.
			<p><b>TREAD WATER</b></p> <ol style="list-style-type: none"> <li>1 Tread water, 10 secs., near wall, &amp; exit</li> <li>2 Tread water, 1 min. &amp; exit (30 secs. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Kick-Outs</p> <p>Kick-Ups</p> <p>Smooth the Sand</p>	<p><b>BENCHMARK SKILLS</b></p> <p><b>Discuss the importance of swimming and what else students need to do to become strong swimmers:</b></p> <p>Swimming is a lifelong skill, it can save your life, and it's fun! Learn swimming strokes and swim long distances.</p> <p><b>Ask students what they can do once they've become strong swimmers:</b></p> <p>Swim team or triathlons, synchronized swimming or diving, swim instruction and lifeguarding, and swimming for fun and physical activity</p>	<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Hoop Jump</p> <p>Jumping Contest</p> <p>Parachute Jump</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>



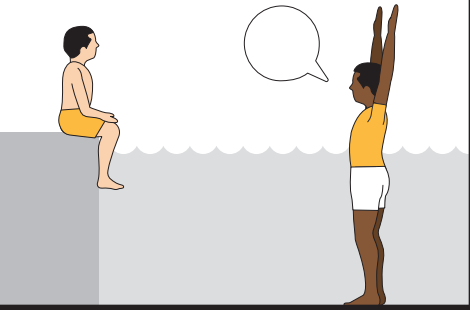
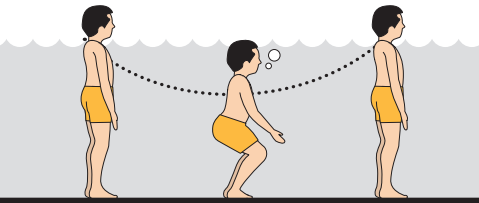
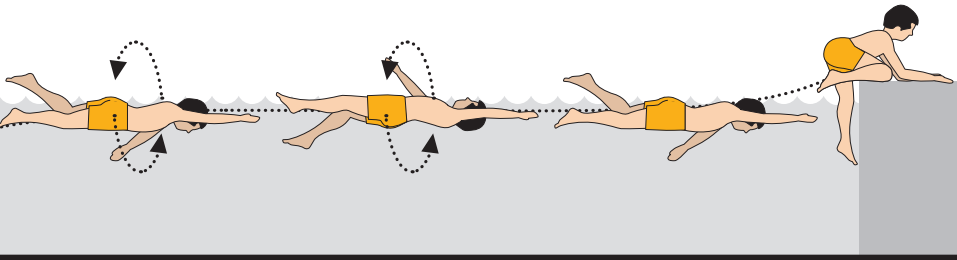
# Lesson Guide 3.5

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>TREAD WATER</b></p> <ol style="list-style-type: none"> <li>1 Tread water, 10 secs., near wall, &amp; exit</li> <li>2 Tread water, 1 min. &amp; exit (30 secs. preschool)</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Kick-Outs Kick-Ups Smooth the Sand</p>

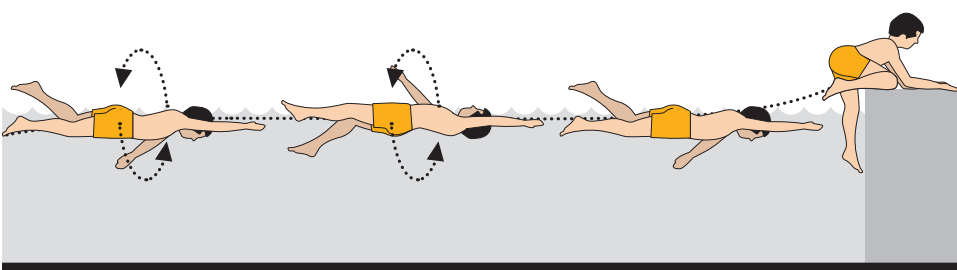
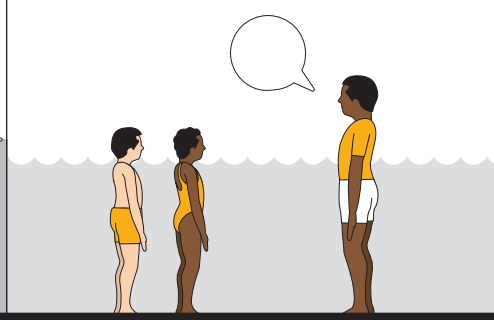
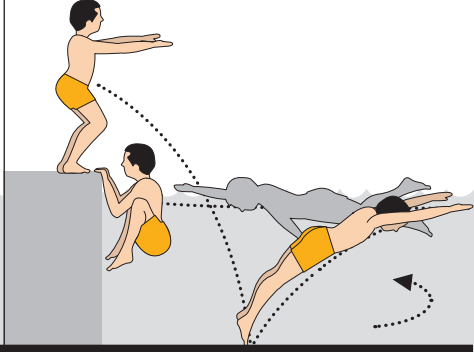
# Lesson Guide 3.5 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.5	5 mins.	WRAP-UP	5 mins.
					
<p><b>SWIM, FLOAT, SWIM</b></p> <ul style="list-style-type: none"> <li>- In deep water, with clothes and life jackets on, perform swim, float, swim, 25 yd. (15 yd. preschool)</li> <li>- Take life jackets off and, with clothes on, perform swim, float, swim, 25 yd. (15 yd. preschool)</li> <li>- Take clothes off and perform swim, float, swim, 25 yd. (15 yd. preschool)</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Paddle Push</p> <p>Partner Swim, Float, Swim</p> <p>Scenarios</p>		<p><b>LIFE JACKETS</b></p> <p><b>Discuss when to use life jackets:</b></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><b>Discuss what to look for in a life jacket:</b></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><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Hoop Jump</p> <p>Jumping Contest</p> <p>Parachute Jump</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>	

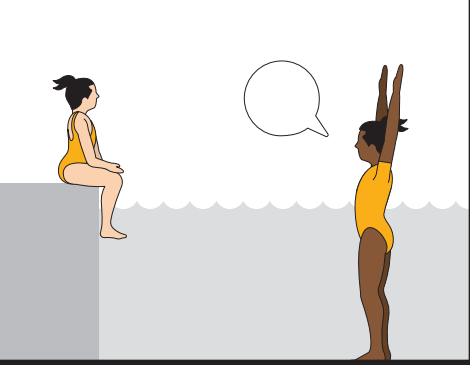
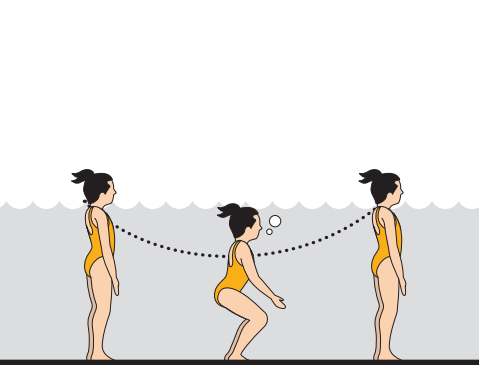
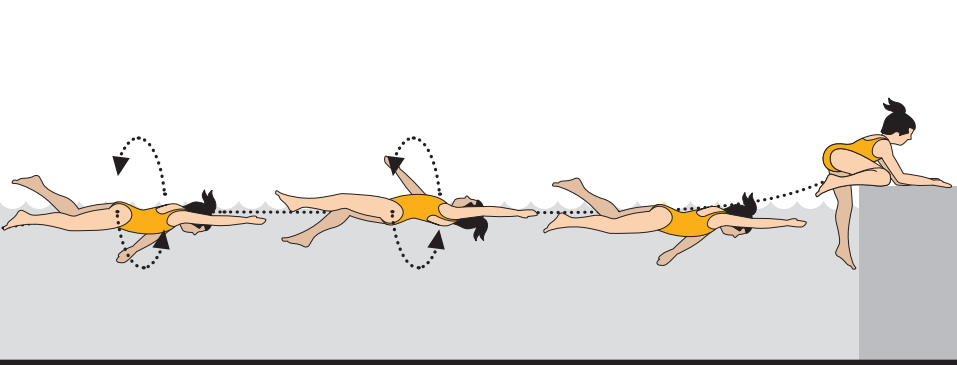
# Lesson Guide 3.6

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>

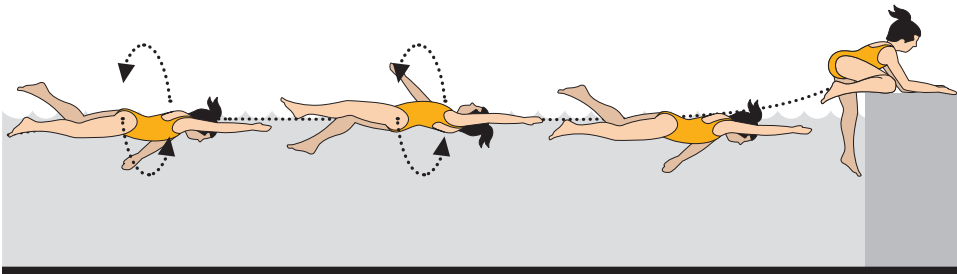
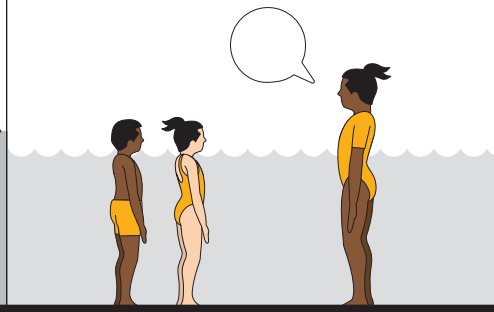
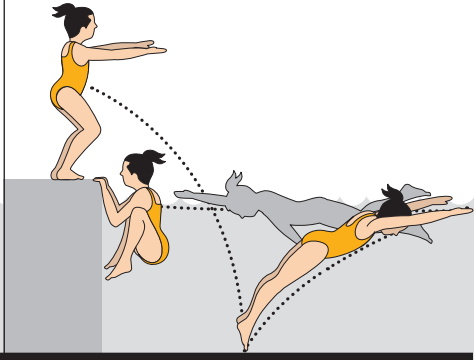
# Lesson Guide 3.6 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.6	5 mins.	WRAP-UP	5 mins.
					
<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>		<p><b>SUPERVISION</b></p> <p><b>Discuss why it is important to have an adult present, supervising and watching, when swimmers are in the water:</b></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><b>Ask students whether an adult who is on the phone or reading a magazine is properly supervising:</b></p> <p>No. The adult is distracted. An adult needs to be attentive in case someone needs help quickly.</p>		<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Hoop Jump</p> <p>Jumping Contest</p> <p>Parachute Jump</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>	

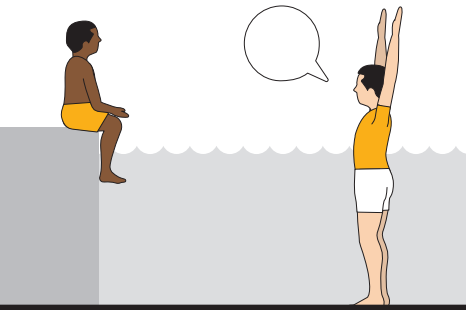
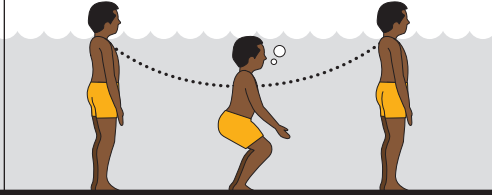
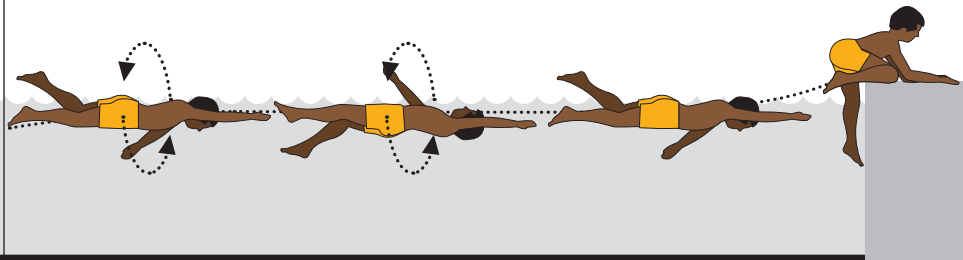
# Lesson Guide 3.7

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>

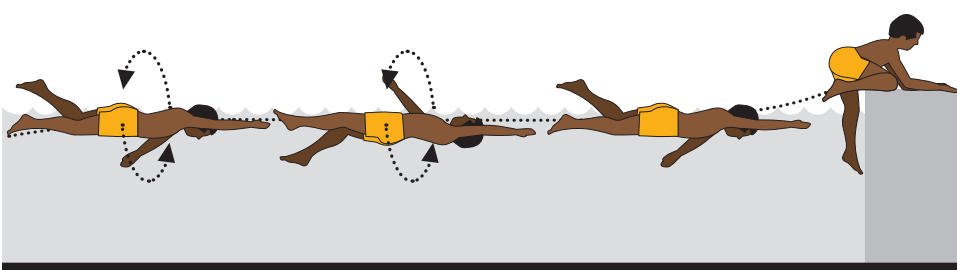
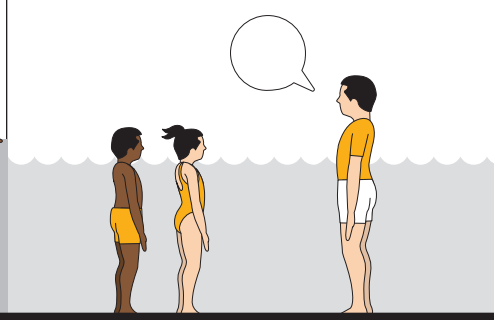
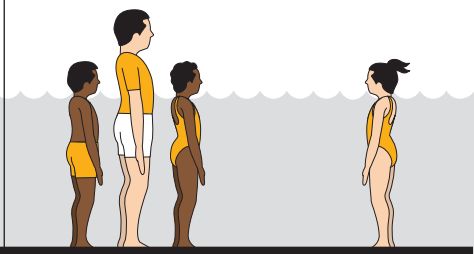
# Lesson Guide 3.7 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.7	5 mins.	WRAP-UP	5 mins.
					
<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>		<p><b>CALL 911</b></p> <p><b>Ask students when they should call 911:</b></p> <p>Call 911 if you think a person is in trouble and there is no adult nearby.</p> <p><b>Discuss what students should be prepared to tell a 911 operator:</b></p> <ul style="list-style-type: none"> <li>- Your first and last name</li> <li>- The address of your location</li> <li>- The telephone number you're calling from</li> <li>- What happened and how many people are hurt</li> </ul> <p><b>Using a toy phone, demonstrate, and have each student practice, making a 911 call.</b></p>		<p><b>JUMP, SWIM, TURN, SWIM, GRAB</b></p> <ol style="list-style-type: none"> <li>1 Jump, push, turn, grab</li> <li>2 Jump, turn, grab, in deep water</li> <li>3 Jump, swim, turn, swim, grab, 10 yd.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Hoop Jump</p> <p>Jumping Contest</p> <p>Parachute Jump</p> <p>Take a moment to reflect on and celebrate with students the progress they made during today's lesson.</p>	

# Lesson Guide 3.8

WELCOME 1–2 mins.	WARM-UP 3 mins.	REVIEW SKILLS 5 mins.
		
<p><b>GREETING</b></p> <ul style="list-style-type: none"> <li>- Reinforce the need to ask permission.</li> <li>- Use names.</li> <li>- Share pool and safety rules.</li> <li>- Review last lesson's skills and topics.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Animal Names Ask Permission Name Game</p>	<p><b>SUBMERGE</b></p> <ol style="list-style-type: none"> <li>1 Submerge, look at object on bottom</li> <li>2 Submerge, retrieve object in chest-deep water</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Firefighter Pole Hoop Swim Treasure Dive</p>	<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>

# Lesson Guide 3.8 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC 3.8	5 mins.	WRAP-UP	5 mins.
					
<p><b>REVIEW SKILL</b></p> <p>Work on skills that need improvement.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Select appropriate activities for the reviewed skill.</p>		<p><b>POOL DRAINS</b></p> <p><b>Discuss what pool drains do:</b></p> <p>Pool drains pull water into the filtration system so it can be cleaned and returned to the pool.</p> <p><b>Ask students why pool drains can be dangerous:</b></p> <p>Swimmers can get stuck on a drain in deep water and not be able to get to the surface.</p> <p><b>Discuss two rules students should follow related to drains:</b></p> <ul style="list-style-type: none"> <li>- Don't swim or play around pool drains.</li> <li>- Don't swim in a pool that is missing drain covers.</li> </ul>		<p><b>GROUP GAME</b></p> <p>To celebrate achievement, play a group game that involves everyone, including the instructor.</p> <p><b>Skill &amp; Topic Library: Activities</b></p> <p>Have students select an activity.</p>	