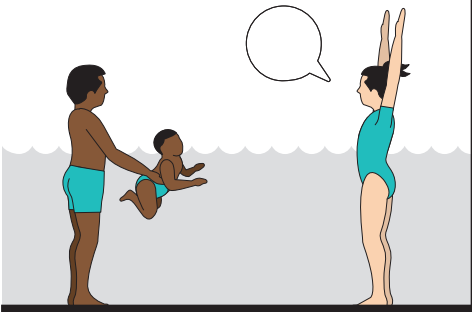


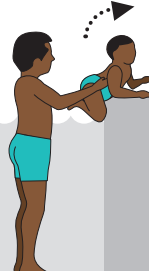
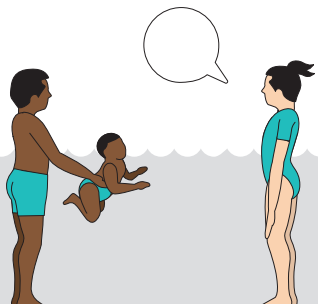
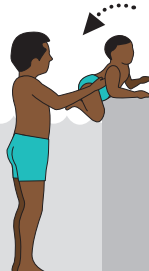


Lesson Guide A.1

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.

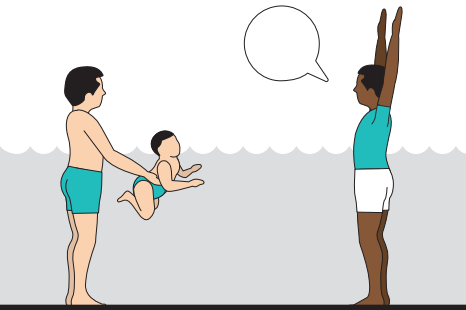

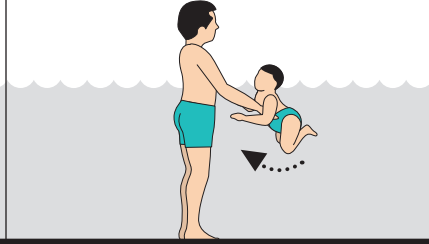
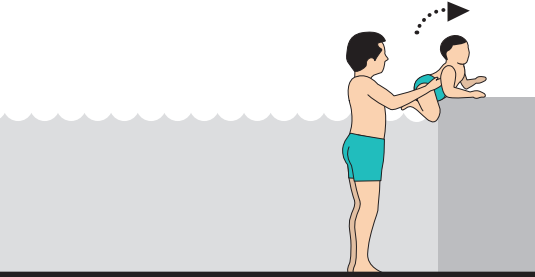
WELCOME	5 mins.	WARM-UP	8 mins.	REVIEW SKILLS	0 mins.
				<p>There are no skills to review today.</p>	
<p>GREETING</p> <ul style="list-style-type: none"> - Reinforce the need to ask permission. - Learn and use names. - Share pool and safety rules: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - 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>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band</p> <p>Bubbles & Pop</p> <p>Peekaboo</p>			

Lesson Guide A.1 continued



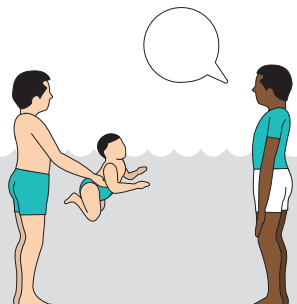
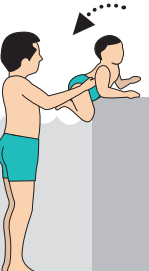
INTRODUCE & SEQUENCE SKILLS 7 mins.	TOPIC A.1 5 mins.	WRAP-UP 5 mins.
 		
<p>FRONT TOW</p> <ol style="list-style-type: none"> 1 Front tow, chin in water, assisted <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Animal Rescue Chase the Toy Floating With Equipment <p>WATER EXIT</p> <ol style="list-style-type: none"> 1 Water exit, parent lifts child 2 Water exit, parent & child together <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Humpty Dumpty Jack Be Nimble Popcorn 	<p>ASK PERMISSION</p> <p>Explain why it is important to always ask permission before getting into any water:</p> <p>Telling an adult you are entering the pool ensures someone is available to actively watch you and make sure you stay safe. To learn the habit of asking permission before getting into the water, repeat the following: "Before I get into the pool, I must always ask first."</p> <p>You will need to ask permission from your parents to enter the pool before getting into the water at every lesson.</p>	<p>WATER ENTRY</p> <ol style="list-style-type: none"> 1 Water entry, parent & child together, partner entry 2 Water entry, parent & child together, heartbeat hold 3 Water entry, parent & child together, sitting 4 Water entry, parent & child together <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Humpty Dumpty Little Speckled Frogs Popcorn

Lesson Guide A.2

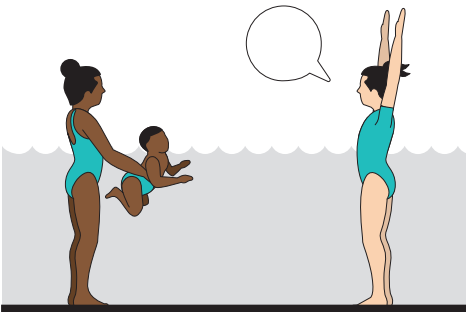

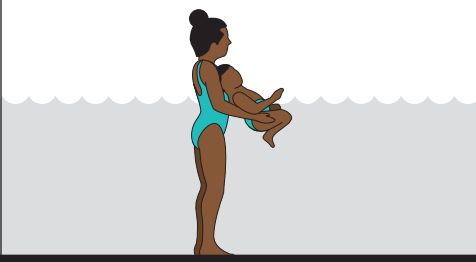
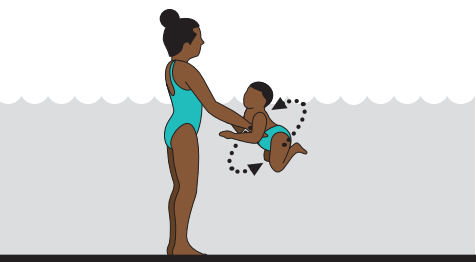
CAUTION: When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish a teaching objective. Do not ever touch children in private areas covered by a swimsuit.

WELCOME 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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - 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>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Bubble Band Bubbles & Pop Peekaboo 	<p>FRONT TOW</p> <p>1 Front tow, chin in water, assisted</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Animal Rescue Chase the Toy Floating With Equipment 	<p>WATER EXIT</p> <p>1 Water exit, parent lifts child</p> <p>2 Water exit, parent & child together</p> <p>Skill & Topic Library: Activities</p> <ul style="list-style-type: none"> Humpty Dumpty Jack Be Nimble Popcorn



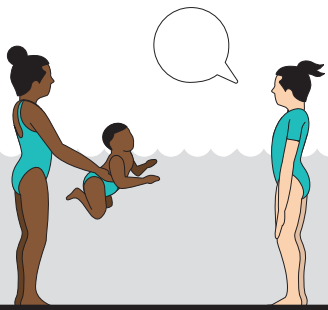
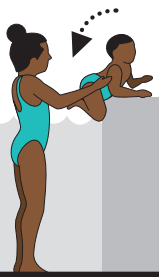
Lesson Guide A.2 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC A.2	5 mins.	WRAP-UP	5 mins.
 					
<p>BACK FLOAT</p> <p>1 Back float, assisted, head on shoulder</p> <p>Skill & Topic Library: Activities</p> <p>Rock-a-Bye Baby</p> <p>This Little Piggy</p> <p>Twinkle, Twinkle, Little Star</p>	<p>ROLL</p> <p>1 Roll, assisted, back to front & front to back</p> <p>Skill & Topic Library: Activities</p> <p>Corkscrew</p> <p>Five in the Pool</p> <p>Flip-Flop</p>	<p>SWIM ATTIRE</p> <p>Explain how appropriate swim attire prevents contamination of pool water and the spread of disease:</p> <p>The contaminants (e.g., bacteria, viruses, parasites) found in fecal matter can be hazardous to participants. Infants must be clothed in appropriate attire to confine such matter. Plastic pants or other swimsuits that are lightweight and have snug, elastic-fitting legs and waistbands are best. It's essential to monitor your children and remove them from the water should their clothing become soiled.</p>	<p>WATER ENTRY</p> <p>1 Water entry, parent & child together, partner entry</p> <p>2 Water entry, parent & child together, heartbeat hold</p> <p>3 Water entry, parent & child together, sitting</p> <p>4 Water entry, parent & child together</p> <p>Skill & Topic Library: Activities</p> <p>Humpty Dumpty</p> <p>Little Speckled Frogs</p> <p>Popcorn</p>		

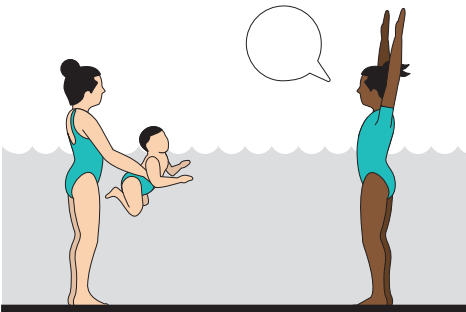

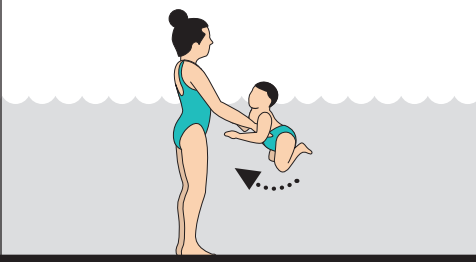
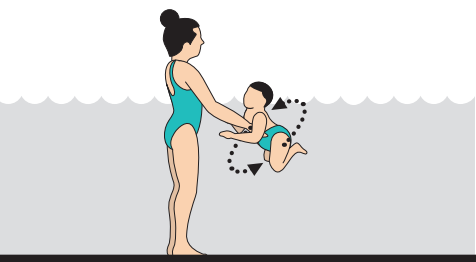
Lesson Guide A.3

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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names</p> <p>Ask Permission</p> <p>Name Game</p>	<p>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band</p> <p>Bubbles & Pop</p> <p>Peekaboo</p>	<p>BACK FLOAT</p> <p>1 Back float, assisted, head on shoulder</p> <p>Skill & Topic Library: Activities</p> <p>Rock-a-Bye Baby</p> <p>This Little Piggy</p> <p>Twinkle, Twinkle, Little Star</p>	<p>ROLL</p> <p>1 Roll, assisted, back to front & front to back</p> <p>Skill & Topic Library: Activities</p> <p>Corkscrew</p> <p>Five in the Pool</p> <p>Flip-Flop</p>

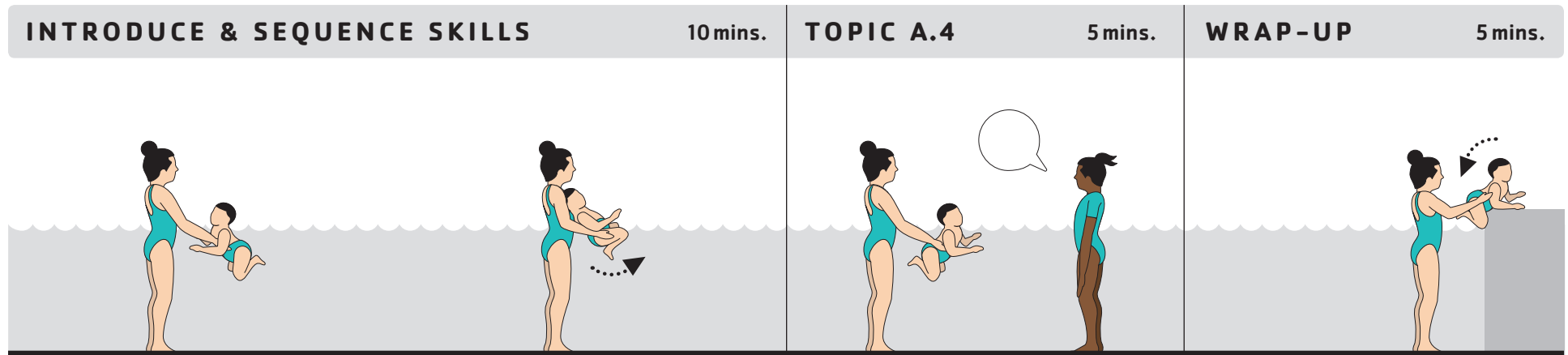
Lesson Guide A.3 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC A.3	5 mins.	WRAP-UP	5 mins.
 					
<p>FRONT TOW</p> <p>1 Front tow, chin in water, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Animal Rescue</p> <p>Chase the Toy</p> <p>Floating With Equipment</p>	<p>ROLL</p> <p>1 Roll, assisted, back to front & front to back</p> <p>Skill & Topic Library: Activities</p> <p>Corkscrew</p> <p>Five in the Pool</p> <p>Flip-Flop</p>	<p>SAFE SWIM AREA</p> <p>Explain the characteristics of a safe swim area:</p> <ul style="list-style-type: none"> - Properly trained lifeguards on duty who are alert and not distracted - Functional rescue equipment and a phone close by in case 911 needs to be called - Rules that are enforced uniformly, whether posted on walls, pool schedules, or entry tickets, or not posted - Safe, functional drain covers that are dome-shaped and have small openings and a large surface area, as opposed to drain covers that are flat; have large openings; or are damaged, loose, or missing 	<p>WATER ENTRY</p> <ol style="list-style-type: none"> 1 Water entry, parent & child together, partner entry 2 Water entry, parent & child together, heartbeat hold 3 Water entry, parent & child together, sitting 4 Water entry, parent & child together <p>Skill & Topic Library: Activities</p> <p>Humpty Dumpty</p> <p>Little Speckled Frogs</p> <p>Popcorn</p>		

Lesson Guide A.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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - 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>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band Bubbles & Pop Peekaboo</p>	<p>FRONT TOW</p> <p>1 Front tow, chin in water, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Animal Rescue Chase the Toy Floating With Equipment</p>	<p>ROLL</p> <p>1 Roll, assisted, back to front & front to back</p> <p>Skill & Topic Library: Activities</p> <p>Corkscrew Five in the Pool Flip-Flop</p>

Lesson Guide A.4 continued



INTRODUCE & SEQUENCE SKILLS

10 mins.

TOPIC A.4

5 mins.

WRAP-UP

5 mins.

FRONT FLOAT

- 1 Front float, chin in water, assisted

Skill & Topic Library: Activities

- Floating With Equipment
- Pass the Fishy
- Pop Goes the Weasel

BACK TOW

- 1 Back tow, assisted, head on shoulder

Skill & Topic Library: Activities

- Kicking Race
- Rainbow Bridge
- Twinkle, Twinkle, Little Star

LIFEGUARDS

Explain the role of a lifeguard:

At the Y, there is always a lifeguard on duty. Lifeguards are trained in rescue techniques, CPR, and basic first aid.

While on duty, lifeguards continuously scan the pool. You will notice lifeguards moving their heads back and forth as they observe their area of responsibility. Still, it is important for parents to always keep an eye on their children, even if there is a lifeguard on duty.

At the Y, children who have not yet passed a swim test must remain within arm's reach of an adult. This ensures their safety.

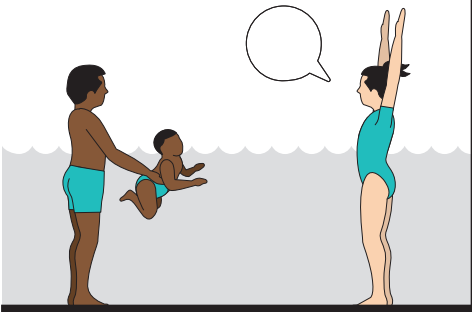
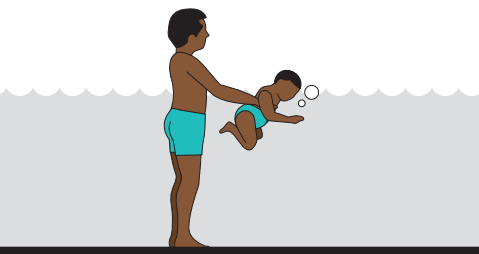
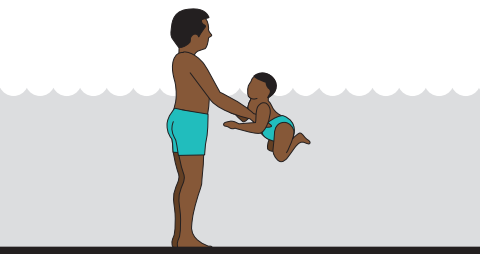
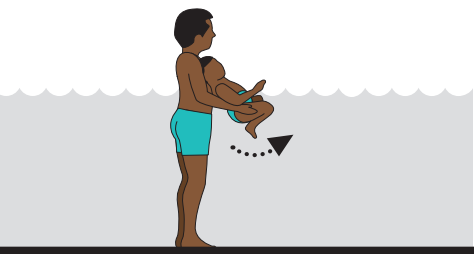
WATER ENTRY

- 1 Water entry, parent & child together, partner entry
- 2 Water entry, parent & child together, heartbeat hold
- 3 Water entry, parent & child together, sitting
- 4 Water entry, parent & child together

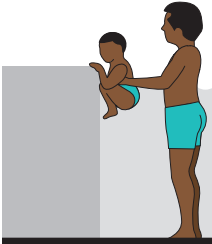
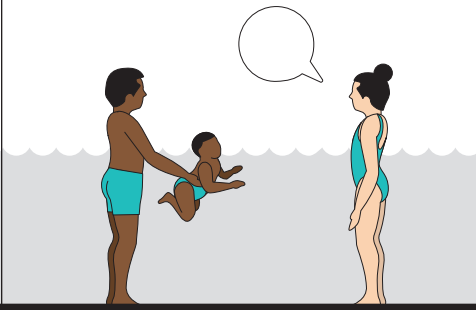
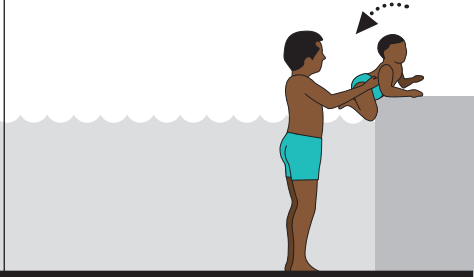
Skill & Topic Library: Activities

- Humpty Dumpty
- Little Speckled Frogs
- Popcorn

Lesson Guide A.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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - 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>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band Bubbles & Pop Peekaboo</p>	<p>FRONT FLOAT</p> <p>1 Front float, chin in water, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Floating With Equipment Pass the Fishy Pop Goes the Weasel</p>	<p>BACK TOW</p> <p>1 Back tow, assisted, head on shoulder</p> <p>Skill & Topic Library: Activities</p> <p>Kicking Race Rainbow Bridge Twinkle, Twinkle, Little Star</p>

Lesson Guide A.5 continued

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

WALL GRAB

- 1 Wall grab, assisted

Skill & Topic Library: Activities

- Crawl to an Object
- Monkey, Monkey
- Monkey on the Wall

DROWNING

Describe ways to prevent drowning:

- Always make sure a designated adult is watching your children when they are in the water, whether swimming or in the bath. Do not be involved in any other activity, such as using a cell phone or reading a book, while supervising children, even if lifeguards are present.
- Be close enough to reach your children at all times.
- Select swimming sites with lifeguards when possible, but always watch your children as if there was no lifeguard on duty. Lifeguards are a partner in drowning prevention, but your diligence as a parent is key.

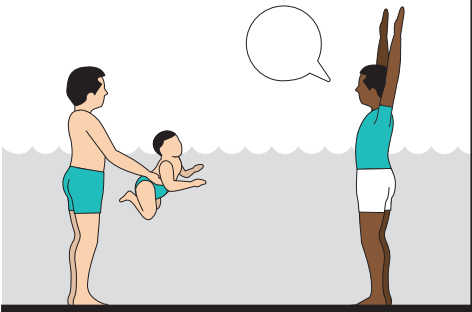


WATER ENTRY

- 1 Water entry, parent & child together, partner entry
- 2 Water entry, parent & child together, heartbeat hold
- 3 Water entry, parent & child together, sitting
- 4 Water entry, parent & child together


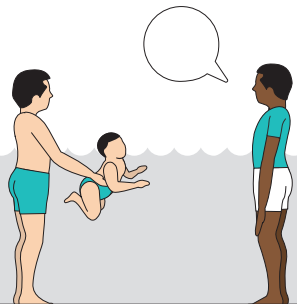
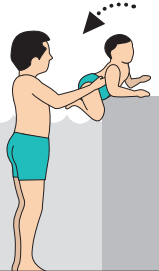
Skill & Topic Library: Activities

- Humpty Dumpty
- Little Speckled Frogs
- Popcorn

Lesson Guide A.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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - 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>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band Bubbles & Pop Peekaboo</p>	<p>WALL GRAB</p> <p>1 Wall grab, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Crawl to an Object Monkey, Monkey Monkey on the Wall</p>

Lesson Guide A.6 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC A.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.

LIFE JACKETS

Explain the importance of wearing life jackets and how to fit them properly:

A traditional life jacket is often bright orange and built to flip a child onto his or her back during an emergency situation. Life vests or Jet Ski life jackets allow more unrestricted motion and are good for children who are comfortable swimming in the water independently, with supervision. Life jackets should fit snugly and not allow the child's chin or ears to slip through. The Y recommends using only life jackets that are Coast Guard approved. If on a boat, the Y recommends that, for every nonswimmer, there be at least one swimmer on board.

WATER ENTRY

- 1 Water entry, parent & child together, partner entry
- 2 Water entry, parent & child together, heartbeat hold
- 3 Water entry, parent & child together, sitting
- 4 Water entry, parent & child together

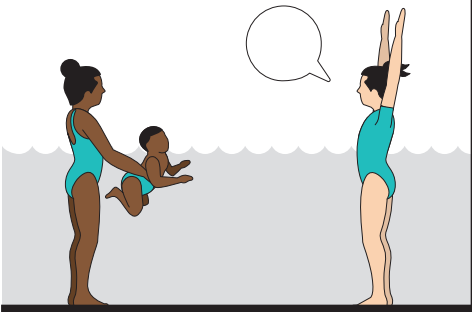
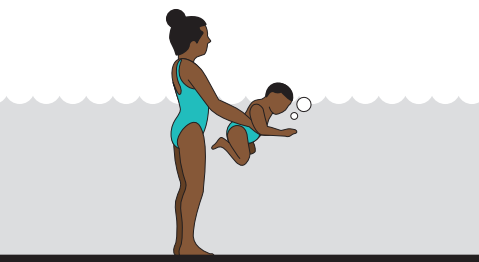

Skill & Topic Library: Activities

[Humpty Dumpty](#)

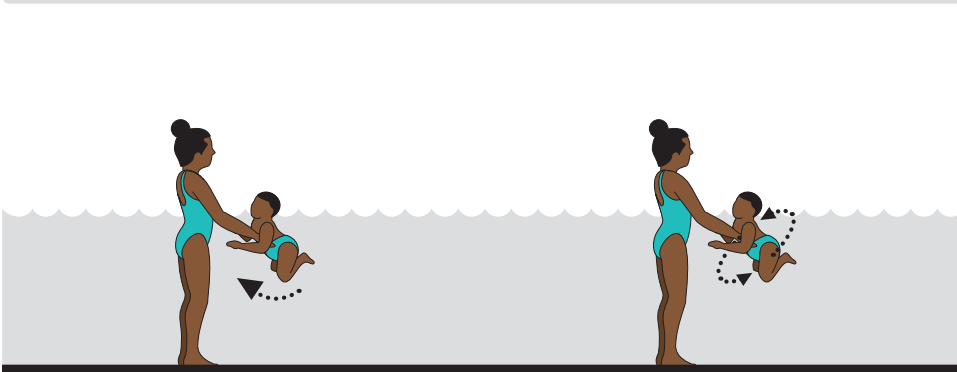
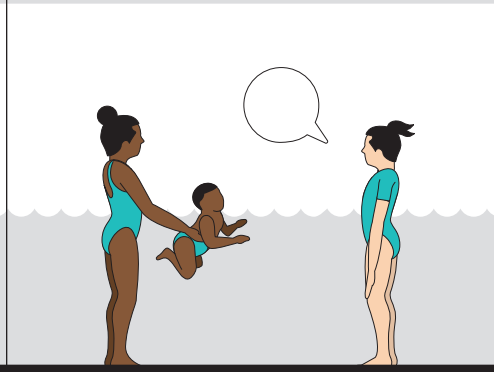
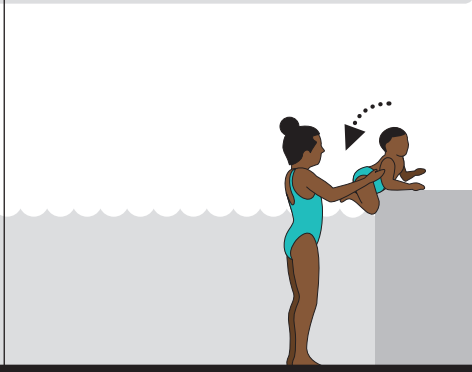
[Little Speckled Frogs](#)

[Popcorn](#)

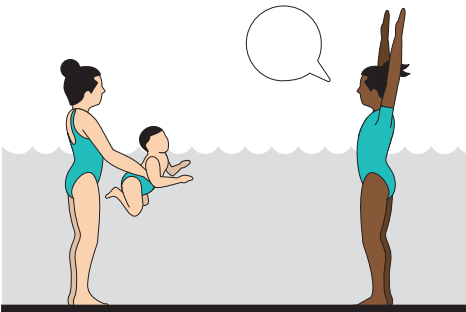


Lesson Guide A.7

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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names</p> <p>Ask Permission</p> <p>Name Game</p>	<p>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band</p> <p>Bubbles & Pop</p> <p>Peekaboo</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>


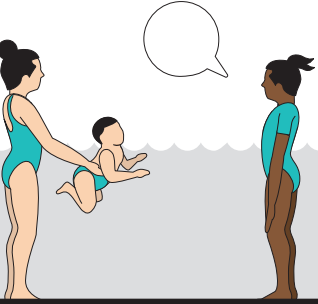
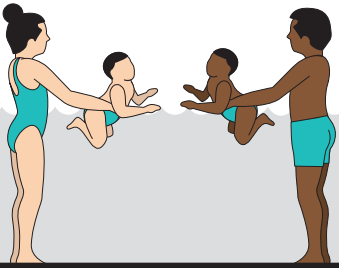
Lesson Guide A.7 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC A.7	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>RESCUE BREATHING</p> <p>Review the steps in administering rescue breathing:</p> <ul style="list-style-type: none"> - Assess child. Look for signs of breathing. - Open airway. Tilt the child's head and lift the chin to establish an open airway. - Give rescue breaths. Seal the child's nose and mouth with a CPR mask. Take a normal breath and blow into the mask for one second to deliver the breath. Provide one rescue breath every three to five seconds. Make sure the chest visibly rises but no more than that. Continue until another provider or the next level of care takes over, the child clearly shows signs of life, or you are too tired. 		<p>WATER ENTRY</p> <ol style="list-style-type: none"> 1 Water entry, parent & child together, partner entry 2 Water entry, parent & child together, heartbeat hold 3 Water entry, parent & child together, sitting 4 Water entry, parent & child together <p>Skill & Topic Library: Activities</p> <p>Humpty Dumpty</p> <p>Little Speckled Frogs</p> <p>Popcorn</p>	

Lesson Guide A.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: <ul style="list-style-type: none"> • Children and swim diapers • Signs of hypothermia - Review last lesson's skills and topics. - Demonstrate today's skills. <p>Skill & Topic Library: Activities</p> <p>Animal Names</p> <p>Ask Permission</p> <p>Name Game</p>	<p>BLOW BUBBLES</p> <p>1 Blow bubbles, on surface, assisted</p> <p>Skill & Topic Library: Activities</p> <p>Bubble Band</p> <p>Bubbles & Pop</p> <p>Peekaboo</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 A.8 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC A.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.

BACKYARD POOLS

Explain what precautions individuals should take around backyard pools:

- Have an emergency plan.
- Keep rescue equipment nearby, including a pole, a buoy, and a stocked first aid kit.
- Install a fence at least five feet high around your home pool, with posts no more than four inches apart. Be sure there are no trees, chairs, benches, or tables nearby that could enable a child to climb over the fence.
- Purchase a firm, solid pool cover specifically for your pool that will safely hold a child’s weight and not allow a child to become trapped underneath.
- Make sure gates and doors are locked when not in use.

GROUP GAME

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

Skill & Topic Library: Activities

Have parents and children select an activity.