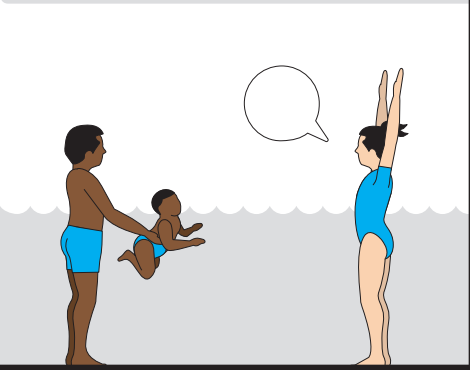


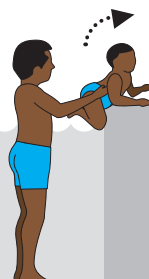
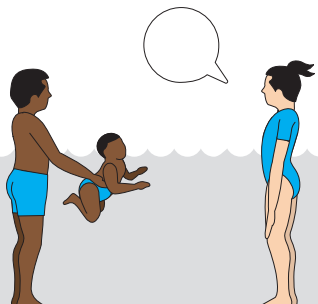
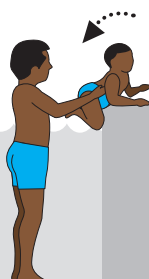


# Lesson Guide B.1

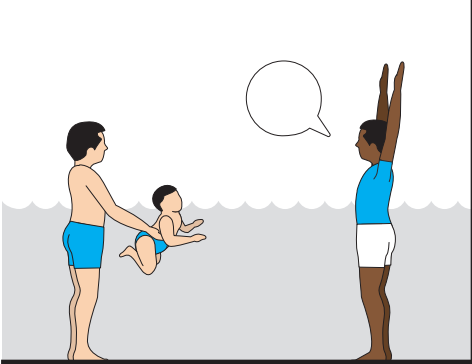
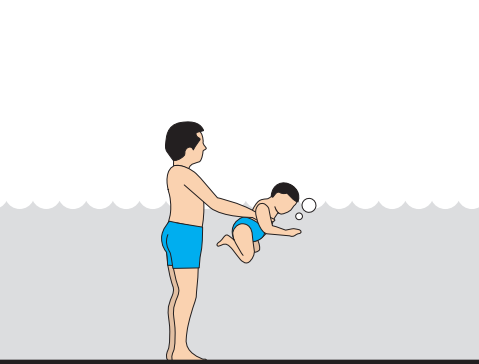

**CAUTION:** Limit participants to a single inhalation whenever you ask them to hold their breath and submerge. Set safety limits when setting up activities that involve submerging or swimming underwater. When conducting a swim lesson, only touch and hold children when it is appropriate to do so to accomplish 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:                     <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </li> <li>- Set behavior expectations.</li> <li>- Demonstrate today's skills.</li> </ul> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li><a href="#">Animal Names</a></li> <li><a href="#">Ask Permission</a></li> <li><a href="#">Name Game</a></li> </ul>		<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li><a href="#">Bubble Band</a></li> <li><a href="#">Bubble Boat</a></li> <li><a href="#">Bubble Pass</a></li> </ul>		<p>There are no skills to review today.</p>	

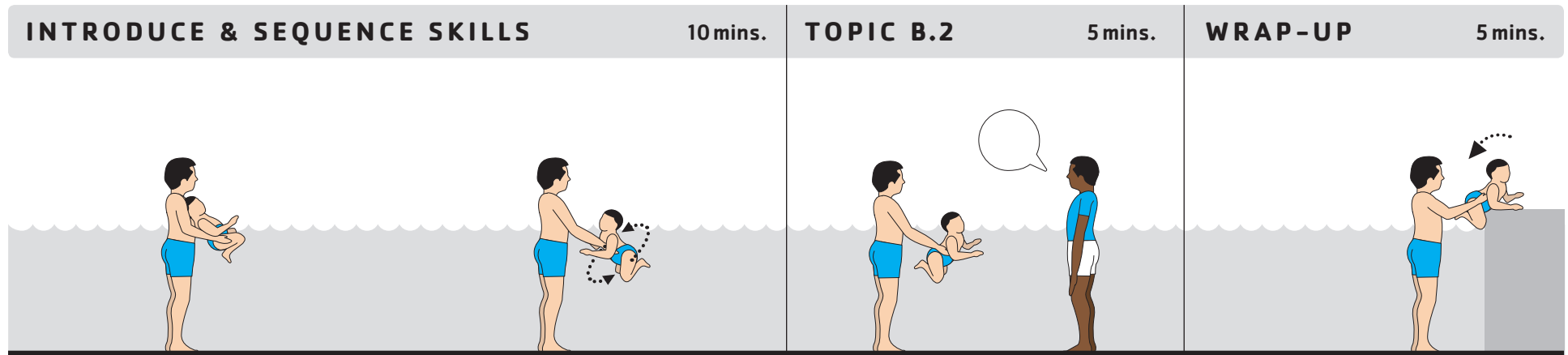
# Lesson Guide B.1 continued

INTRODUCE & SEQUENCE SKILLS <span style="float: right;">7 mins.</span>	TOPIC B.1 <span style="float: right;">5 mins.</span>	WRAP-UP <span style="float: right;">5 mins.</span>
 		
<p><b>FRONT TOW</b></p> <ol style="list-style-type: none"> <li>1 Front tow, chin in water, assisted</li> <li>2 Front tow, blow bubbles, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Bumper Fish</li> <li>Kicking on Front</li> <li>Pass the Fishy</li> </ul> <p><b>WATER EXIT</b></p> <ol style="list-style-type: none"> <li>1 Water exit, parent lifts child</li> <li>2 Water exit, parent &amp; child together</li> <li>3 Water exit, independently, using ladder, side, or stairs</li> <li>4 Water exit, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Give Me Five</li> <li>Jack &amp; Jill</li> <li>Popcorn</li> </ul>	<p><b>ASK PERMISSION</b></p> <p><b>Explain why it is important to always ask permission before getting into any water:</b></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><b>WATER ENTRY</b></p> <ol style="list-style-type: none"> <li>1 Water entry, parent &amp; child together</li> <li>2 Water entry, slide in from seated position, assisted</li> <li>3 Water entry, slide in, independently</li> <li>4 Water entry, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>I'm a Little Rocket</li> <li>In &amp; Out</li> <li>Little Speckled Frogs</li> </ul>

# Lesson Guide B.2

<p><b>WELCOME</b> 1–2 mins.</p>	<p><b>WARM-UP</b> 3 mins.</p>	<p><b>REVIEW SKILLS</b> 5 mins.</p>	
			
<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:             <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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> <ul style="list-style-type: none"> <li>Animal Names</li> <li>Ask Permission</li> <li>Name Game</li> </ul>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Bubble Band</li> <li>Bubble Boat</li> <li>Bubble Pass</li> </ul>	<p><b>FRONT TOW</b></p> <ol style="list-style-type: none"> <li>1 Front tow, chin in water, assisted</li> <li>2 Front tow, blow bubbles, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Bumper Fish</li> <li>Kicking on Front</li> <li>Pass the Fishy</li> </ul> <p><b>WATER EXIT</b></p> <ol style="list-style-type: none"> <li>1 Water exit, parent lifts child</li> <li>2 Water exit, parent &amp; child together</li> <li>3 Water exit, independently, using ladder, side, or stairs</li> <li>4 Water exit, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li>Give Me Five</li> <li>Jack &amp; Jill</li> <li>Popcorn</li> </ul>	

# Lesson Guide B.2 continued



**INTRODUCE & SEQUENCE SKILLS**

10 mins.

**TOPIC B.2**

5 mins.

**WRAP-UP**

5 mins.

**BACK FLOAT**

- 1 Back float, assisted, head on shoulder
- 2 Back float, assisted, head on chest

**Skill & Topic Library: Activities**

- Rock-A-Bye Baby
- This Little Piggy
- Twinkle, Twinkle, Little Star

**ROLL**

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

**Skill & Topic Library: Activities**

- One, Two, Three, Four, Five
- Pass the Fishy
- Roller Coaster Ride

**SWIM ATTIRE**

**Explain how appropriate swim attire prevents contamination of pool water and the spread of disease:**

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.

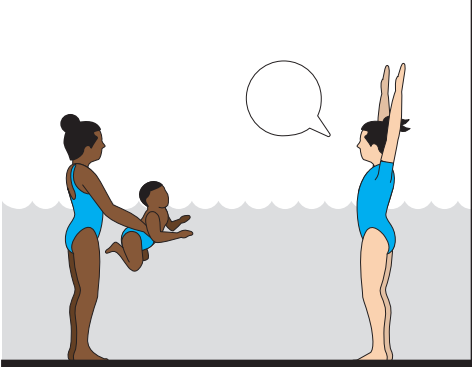
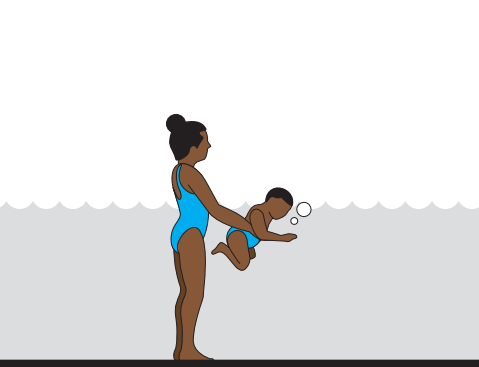
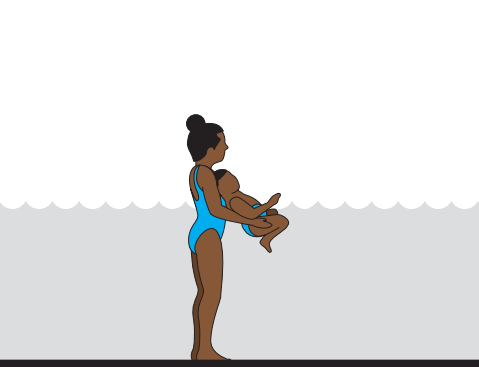
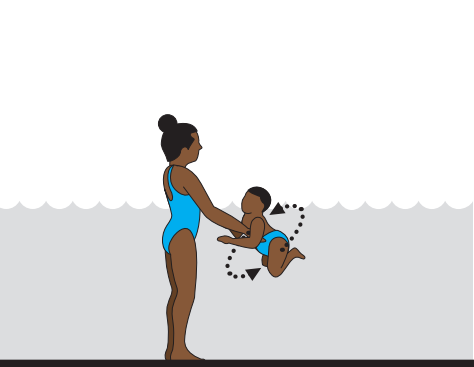
**WATER ENTRY**

- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted

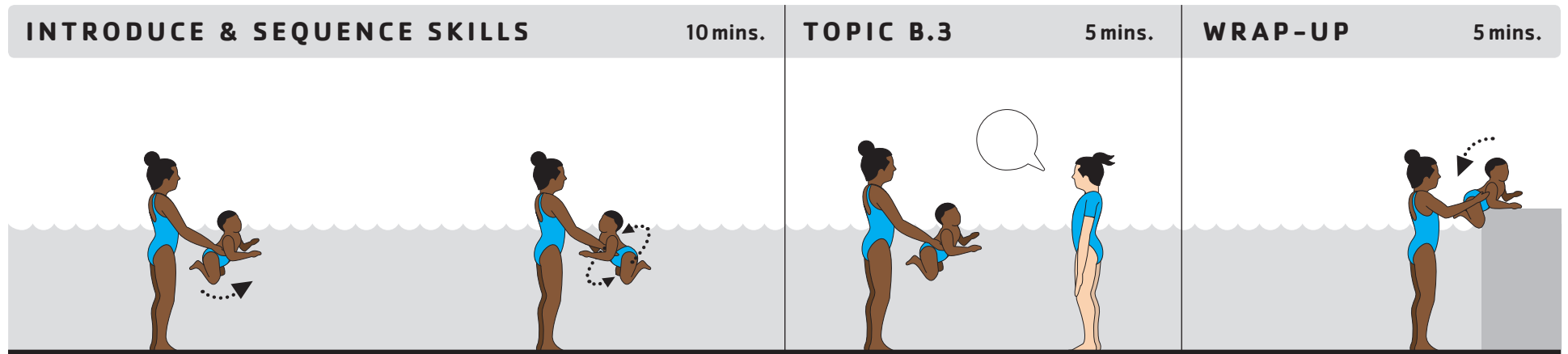
**Skill & Topic Library: Activities**

- I'm a Little Rocket
- In & Out
- Little Speckled Frogs

# Lesson Guide B.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:             <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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><a href="#">Animal Names</a></p> <p><a href="#">Ask Permission</a></p> <p><a href="#">Name Game</a></p>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Bubble Band</a></p> <p><a href="#">Bubble Boat</a></p> <p><a href="#">Bubble Pass</a></p>	<p><b>BACK FLOAT</b></p> <ol style="list-style-type: none"> <li>1 Back float, assisted, head on shoulder</li> <li>2 Back float, assisted, head on chest</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Rock-A-Bye Baby</a></p> <p><a href="#">This Little Piggy</a></p> <p><a href="#">Twinkle, Twinkle, Little Star</a></p>	<p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, assisted, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">One, Two, Three, Four, Five</a></p> <p><a href="#">Pass the Fishy</a></p> <p><a href="#">Roller Coaster Ride</a></p>

# Lesson Guide B.3 continued



**INTRODUCE & SEQUENCE SKILLS**

10 mins.

**TOPIC B.3**

5 mins.

**WRAP-UP**

5 mins.

**FRONT TOW**

- 1 Front tow, chin in water, assisted
- 2 Front tow, blow bubbles, assisted

**Skill & Topic Library: Activities**

- Bumper Fish
- Kicking on Front
- Pass the Fishy

**ROLL**

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

**Skill & Topic Library: Activities**

- One, Two, Three, Four, Five
- Pass the Fishy
- Roller Coaster Ride

**SAFE SWIM AREA**

**Explain the characteristics of a safe swim area:**

- 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

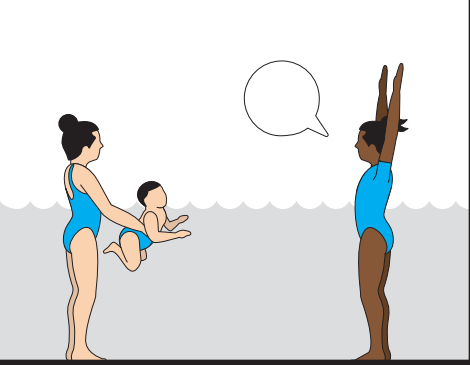

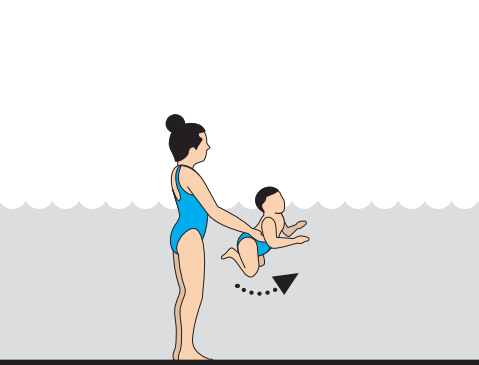

**WATER ENTRY**

- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted

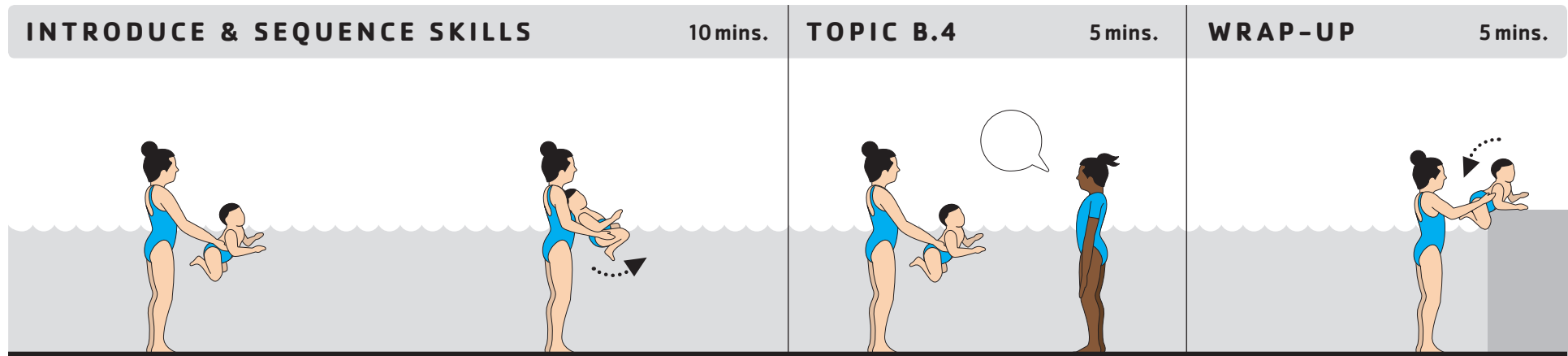
**Skill & Topic Library: Activities**

- I'm a Little Rocket
- In & Out
- Little Speckled Frogs

# Lesson Guide B.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:                     <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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><a href="#">Animal Names</a></p> <p><a href="#">Ask Permission</a></p> <p><a href="#">Name Game</a></p>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Bubble Band</a></p> <p><a href="#">Bubble Boat</a></p> <p><a href="#">Bubble Pass</a></p>	<p><b>FRONT TOW</b></p> <ol style="list-style-type: none"> <li>1 Front tow, chin in water, assisted</li> <li>2 Front tow, blow bubbles, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Bumper Fish</a></p> <p><a href="#">Kicking on Front</a></p> <p><a href="#">Pass the Fishy</a></p>	<p><b>ROLL</b></p> <ol style="list-style-type: none"> <li>1 Roll, assisted, back to front &amp; front to back</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">One, Two, Three, Four, Five</a></p> <p><a href="#">Pass the Fishy</a></p> <p><a href="#">Roller Coaster Ride</a></p>

# Lesson Guide B.4 continued



**INTRODUCE & SEQUENCE SKILLS**

10 mins.

**TOPIC B.4**

5 mins.

**WRAP-UP**

5 mins.

**FRONT FLOAT**

- 1 Front float, chin in water, assisted
- 2 Front float, blow bubbles, assisted

**Skill & Topic Library: Activities**

- Floating With Equipment
- Row, Row, Row Your Boat
- Ten Little Fishies

**BACK TOW**

- 1 Back tow, assisted, head on shoulder
- 2 Back tow, assisted, head on chest

**Skill & Topic Library: Activities**

- Be Like
- Did You Ever See a Swimmer?
- Kicking Race

**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**

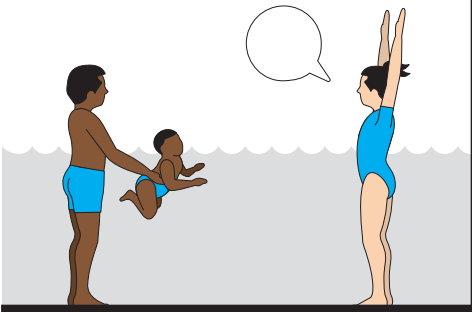

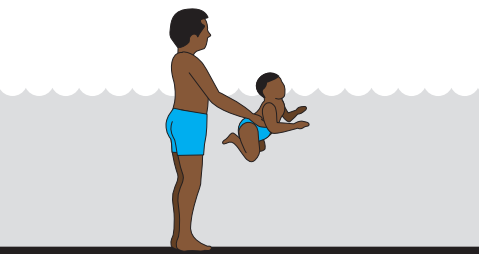
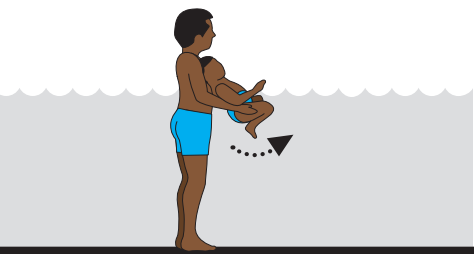
- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted

**Skill & Topic Library: Activities**

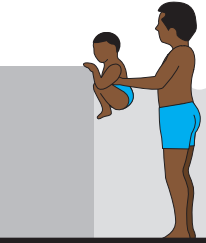
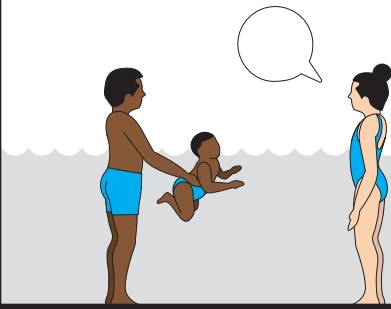
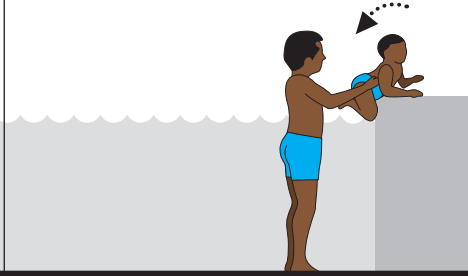
- I'm a Little Rocket
- In & Out
- Little Speckled Frogs



# Lesson Guide B.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: <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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><a href="#">Animal Names</a></p> <p><a href="#">Ask Permission</a></p> <p><a href="#">Name Game</a></p>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Bubble Band</a></p> <p><a href="#">Bubble Boat</a></p> <p><a href="#">Bubble Pass</a></p>	<p><b>FRONT FLOAT</b></p> <ol style="list-style-type: none"> <li>1 Front float, chin in water, assisted</li> <li>2 Front float, blow bubbles, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Floating With Equipment</a></p> <p><a href="#">Row, Row, Row Your Boat</a></p> <p><a href="#">Ten Little Fishies</a></p>	<p><b>BACK TOW</b></p> <ol style="list-style-type: none"> <li>1 Back tow, assisted, head on shoulder</li> <li>2 Back tow, assisted, head on chest</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Be Like</a></p> <p><a href="#">Did You Ever See a Swimmer?</a></p> <p><a href="#">Kicking Race</a></p>

# Lesson Guide B.5 continued

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

**MONKEY CRAWL**

- 1 Wall grab, assisted
- 2 Monkey crawl, assisted, on edge, 5 ft.

**Skill & Topic Library: Activities**

- Crawl & Exit
- Hoop Crawl
- Monkey on the Wall

**REACH OR THROW, DON'T GO**

**Explain why it's important not to jump in to save someone 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 the person 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 the person float, such as a pool noodle.

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

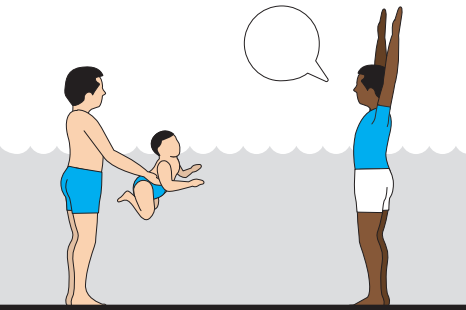


**WATER ENTRY**

- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted


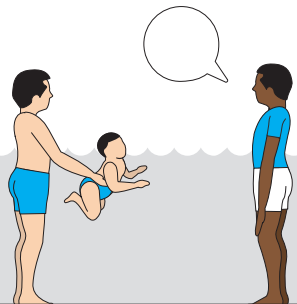
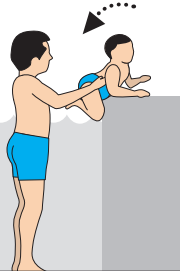
**Skill & Topic Library: Activities**

- I'm a Little Rocket
- In & Out
- Little Speckled Frogs

# Lesson Guide B.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:             <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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> <ul style="list-style-type: none"> <li><a href="#">Animal Names</a></li> <li><a href="#">Ask Permission</a></li> <li><a href="#">Name Game</a></li> </ul>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li><a href="#">Bubble Band</a></li> <li><a href="#">Bubble Boat</a></li> <li><a href="#">Bubble Pass</a></li> </ul>	<p><b>MONKEY CRAWL</b></p> <ol style="list-style-type: none"> <li>1 Wall grab, assisted</li> <li>2 Monkey crawl, assisted, on edge, 5 ft.</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li><a href="#">Crawl &amp; Exit</a></li> <li><a href="#">Hoop Crawl</a></li> <li><a href="#">Monkey on the Wall</a></li> </ul>

# Lesson Guide B.6 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC B.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.

**HYPOTHERMIA**

**Explain what hypothermia is:**

Hypothermia is when a person’s body temperature becomes dangerously low, usually because of prolonged exposure to cold temperatures.

**Describe the signs of hypothermia:**

Blue lips, shivering, slurred speech or mumbling, clumsiness

**Explain how to prevent hypothermia:**

- Cover all exposed areas of skin.
- Keep moving in freezing temperatures, no matter how tired you are.

**WATER ENTRY**

- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted

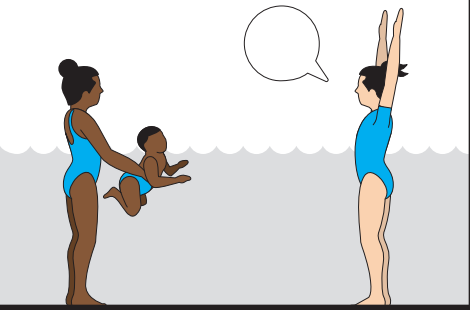
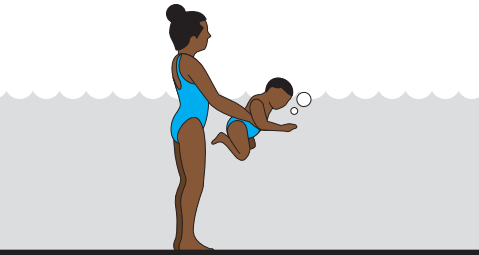

**Skill & Topic Library: Activities**

[I’m a Little Rocket](#)


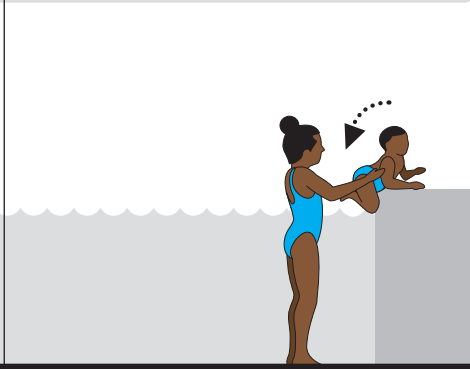

[In & Out](#)

[Little Speckled Frogs](#)

# Lesson Guide B.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:             <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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> <ul style="list-style-type: none"> <li><a href="#">Animal Names</a></li> <li><a href="#">Ask Permission</a></li> <li><a href="#">Name Game</a></li> </ul>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <ul style="list-style-type: none"> <li><a href="#">Bubble Band</a></li> <li><a href="#">Bubble Boat</a></li> <li><a href="#">Bubble Pass</a></li> </ul>	<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 B.7 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC B.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.

## CHOKING

**Explain what to do if an infant is choking:**

- **Assess.** If infant is silent; unable to cry; or has blue lips, nails, or skin, have someone else call 911 while you begin care.
- **Give five back blows and chest thrusts.** Lay infant facedown, straddling your forearm, with the child's head tilted lower than his or her chest. Support infant's head by holding the jaw. Using heel of hand, give five back blows between shoulder blades. Flip infant over. Place two fingers on infant's breastbone, just below nipple line, and give five chest thrusts. Repeat until airway is clear.

## WATER ENTRY

- 1 Water entry, parent & child together
- 2 Water entry, slide in from seated position, assisted
- 3 Water entry, slide in, independently
- 4 Water entry, assisted

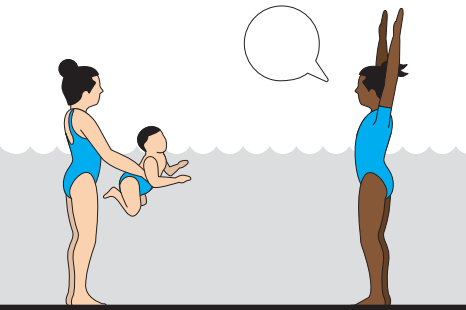


### Skill & Topic Library: Activities

[I'm a Little Rocket](#)


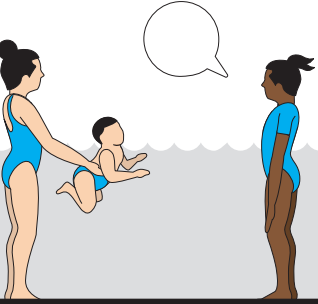
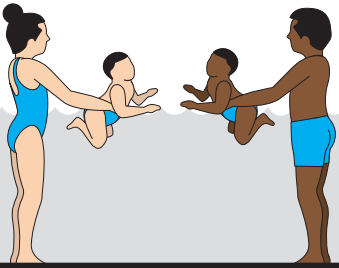
[In & Out](#)

[Little Speckled Frogs](#)

# Lesson Guide B.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: <ul style="list-style-type: none"> <li>• Children and swim diapers</li> <li>• Signs of hypothermia</li> </ul> </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><a href="#">Animal Names</a></p> <p><a href="#">Ask Permission</a></p> <p><a href="#">Name Game</a></p>	<p><b>BLOW BUBBLES</b></p> <ol style="list-style-type: none"> <li>1 Blow bubbles, on surface, assisted</li> <li>2 Blow bubbles, mouth &amp; nose submerged, assisted</li> </ol> <p><b>Skill &amp; Topic Library: Activities</b></p> <p><a href="#">Bubble Band</a></p> <p><a href="#">Bubble Boat</a></p> <p><a href="#">Bubble Pass</a></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 B.8 continued

INTRODUCE & SEQUENCE SKILLS	10 mins.	TOPIC B.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.

**BEACHES**

**Explain how to stay safe at the beach:**

- Be sure your children play in water near the lifeguard and in areas marked for swimmers to use.
- Be aware of underwater conditions, such as weeds and marine life.
- Watch for safety postings—flags may indicate a rip current, other dangerous currents, severe weather, or unsafe conditions.
- Supervise your children closely, even if a lifeguard is present.
- Bring a cell phone and make sure you have reception in case you need to call 911.
- Don't allow your child to go into the water alone. Small children should always be within arm's reach of an adult.

**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.