

Swimming

Lesson 1

10:30-11:15 a.m.

Water Entry

- Using ladder, step or side

Breath Control

- Blow bubbles through mouth and nose
 - take deep breath and hold it
 - submerge the mouth, nose and eyes
 - blow bubble and come up
- Attempt opening eyes while under water

Buoyancy

- Front Float
 - Hold child in a face to face position. The child's face should be in the water
 - Walk backwards slowly just enough to allow the child's legs to float up to the surface.
- Back Float
 - Hold the child in the hip area support on back or back support position. The child's ears maybe in or out or out of the water.
 - Walk backwards gliding the child on his or her back
- Front to back (change directions)
 - Hold the child in the hip support on back or back support position. The child relaxes their arms to the side.
 - Walk backwards with the child in a back float and reach across the child's body to grasp the child's wrist. Your other hand supports the back and the child's head

Water Safety

- Stay Safe Around Aquatic Environments
- Recognize the Lifeguards
- How to Call for Help

Free Swim

Books to Teachers to be return the next week

Swimming

Lesson 2

10:30-11:15 a.m.

Water Entry

- Using ladder, step or side

Breath Control

- Blow bubbles through mouth and nose
 - take deep breath and hold it
 - submerge the mouth, nose and eyes
 - blow bubble and come up
- Attempt opening eyes while under water

Buoyancy

-Front Float

- Hold child in a face to face position. The child's face should be in the water
- Walk backwards slowly just enough to allow the child's legs to float up to the surface.

-Back Float

- Hold the child in the hip area support on back or back support position. The child's ears maybe in or out or out of the water.
- Walk backwards gliding the child on his or her back

-Front to back (change directions)

- Hold the child in the hip support on back or back support position. The child relaxes their arms to the side.
- Walk backwards with the child in a back float and reach across the child's body to grasp the child's wrist. Your other hand supports the back and the child's head

-Front Glide

- Hold the children above the waist from behind. Have them out their feet on your legs just above your kneecaps.
- Have the students put their face in the water
- Then have them push off from your legs and glide.

-Treading Water

- Have the students stand in shoulder deep water and move their arms using slow continuous motions just below the surface of the water.
- Kicking using any leg action, such as modified breaststroke or scissor kicks. Keep the head above water.

Water Safety

- Don't Just Pack It, Wear Your Jacket
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink

Kick Board Activities

Free Swim

Swimming

Lesson 3

10:30-11:15 a.m.

Water Entry

- Using ladder, step or side
- If able, allow to jump in with teacher.

Breath Control

- Blow bubbles through mouth and nose
 - take deep breath and hold it
 - submerge the mouth, nose and eyes
 - blow bubble and come up
- Attempt opening eyes while under water
- Bobbing
 - Have the students hold the wall for support

Buoyancy

- Front Float
 - Hold child in a face to face position. The child's face should be in the water
 - Walk backwards slowly just enough to allow the child's legs to float up to the surface.
- Back Float
 - Hold the child in the hip area support on back or back support position. The child's ears maybe in or out or out of the water.
 - Walk backwards gliding the child on his or her back
- Jellyfish Float
 - Submerge to neck, take a deep breath and hold it
 - Bend forward at the waist and put the head face down in the water
 - Flex the knees slightly to raise the feet off the bottom, Let the arms and legs hang naturally from the body
 - Continue holding the breath and relax.
 - Allow the back to rise to the surface of the water and float
- Treading Water
 - Have the students stand in shoulder deep water and move their arms using slow continuous motions just below the surface of the water.
 - Kicking using any leg action, such as modified breaststroke or scissor kicks. Keep the head above water.

Water Safety

- Reach or Throw, Don't Go
- Swim with a Buddy in a Supervised Area
- Learn About Boating Before you Go Floating

Beach Ball Volleyball

Free Swim