



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Parent and Child Aquatics Level 1

Important Note: *These block and lesson plans are samples only and are in no way intended to serve as a recommended way to deliver the lessons. Develop block plans and lesson plans to meet your specific needs.*

Instructor Resources: *Swimming and Water Safety, Water Safety Instructor's Manual, Teaching Swimming and Water Safety DVD, Longfellow's WHALE Tales K-6 Educational Packet, Instructor's Corner*

Parent and Child Aquatics Level 1

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> • Facility safety information 	<p>Safety Topic</p> <ul style="list-style-type: none"> • How to call for help and the importance of knowing first aid and CPR 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Basic water safety rules 	<p>Safety Topic</p> <ul style="list-style-type: none"> • General water safety around the home
<p>Opening Activities/ Review Skills</p>	<p>Opening Activities/ Review Skills</p> <ul style="list-style-type: none"> • Water adjustment <ul style="list-style-type: none"> ○ Kicking sitting on the side of the pool ○ Splash water ○ Sprinkle water from can • Enter and exit the water lifting in • “If You’re Happy and You Know It” • Front float—shoulder support • Front glide—shoulder support 	<p>Opening Activities/ Review Skills</p> <ul style="list-style-type: none"> • “If You’re Happy and You Know It” • Leg action on front—hug • Back float—cuddle • Back glide—cuddle • Leg action on back—cuddle 	<p>Opening Activities/ Review Skills</p> <ul style="list-style-type: none"> • Enter and exit the water walking in • “If You’re Happy and You Know It” • Submerge mouth and nose • Blow bubbles—with mouth and nose submerged • Underwater exploration • Leg action on front—hug
<p>New Skills</p> <ul style="list-style-type: none"> • Out-of-water exploration • Water adjustment <ul style="list-style-type: none"> ○ Kicking sitting on the side of the pool ○ Splash water ○ Sprinkle water from can • Enter and exit the water lifting in—shoulder support • In-water exploration—hip straddle or shoulder support • “If You’re Happy and You Know It” • Front float—shoulder support • Front glide—shoulder support • Leg action on front—hug position • Blow bubbles—on the surface 	<p>New Skills</p> <ul style="list-style-type: none"> • Back float—cuddle • Back glide—cuddle • Leg action on back—cuddle 	<p>New Skills</p> <ul style="list-style-type: none"> • Enter and exit the water walking in—hip straddle using steps or ramp • Submerge mouth and nose • Blow bubbles—with mouth and nose submerged 	<p>New Skills</p> <ul style="list-style-type: none"> • Front glide with support • Back glide with support
<p>Games/Songs</p> <ul style="list-style-type: none"> • “Humpty Dumpty” • “It’s Raining, It’s Pouring” 	<p>Games/Song</p> <ul style="list-style-type: none"> • Retrieve the Balls 	<p>Games/Songs</p> <ul style="list-style-type: none"> • “Row, Row, Row Your Boat” • “London Bridge” 	<p>Games/Songs</p> <ul style="list-style-type: none"> • “Twinkle, Twinkle Little Star” • Motorboat
<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Parent and Child Aquatics Level 1 newsletters 	<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 	<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 	<p>Equipment</p> <ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats

SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
Safety Topic <ul style="list-style-type: none"> Recreational water illnesses (RWIs) 	Safety Topic <ul style="list-style-type: none"> The importance of wearing a life jacket 	Safety Topic <ul style="list-style-type: none"> Sun safety 	Safety Topic <ul style="list-style-type: none"> Review of general water safety rules
Opening Activity/ Review Skills <ul style="list-style-type: none"> Enter and exit the water walking in “If You’re Happy and You Know It” Underwater exploration Leg action on front—hug Front glide with support Back glide with support 	Opening Activity/ Review Skills <ul style="list-style-type: none"> “If You’re Happy and You Know It” Underwater exploration Leg action on front—hug Front glide with support Passing from instructor to parent—shoulder support 	Opening Activity/ Review Skills <ul style="list-style-type: none"> “If You’re Happy and You Know It” Back glide with support Leg action on back—cuddle Passing from instructor to parent—shoulder support Roll from front to back Roll from back to front 	Opening Activity/ Review Skills <ul style="list-style-type: none"> “If You’re Happy and You Know It” Passing from instructor to parent—shoulder support Roll from front to back Roll from back to front Front glide with support Back glide with support
New Skills <ul style="list-style-type: none"> Passing from instructor to parent—shoulder support 	New Skills <ul style="list-style-type: none"> Putting on life jackets Roll from front to back wearing life jackets Roll from back to front wearing life jackets 	New Skills <ul style="list-style-type: none"> No new skills 	New Skills <ul style="list-style-type: none"> No new skills
Games/Songs <ul style="list-style-type: none"> Little Frog “Wheels on the Bus” 	Games/Songs <ul style="list-style-type: none"> “Twinkle, Twinkle Little Star” “Old MacDonald” 	Games/Songs <ul style="list-style-type: none"> “Hokey Pokey” “Ring Around the Rosie” 	Games/Songs <ul style="list-style-type: none"> “Row, Row, Row Your Boat” Birthday Party
Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Life jackets 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats 	Equipment <ul style="list-style-type: none"> Water toys Foam noodles Swim bar floats Completion cards Rewards for participants

SAMPLE LESSON PLANS



Parent and Child Aquatics Level 1

Instructor: Wilbert E. Longfellow
Location: Municipal Family Aquatic Center
Total Number of Classes: 8

Session Begin Date: June 15
Session End Date: June 30
Length of Classes: 30 minutes

Day 1

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Parent and Child Aquatics Level 1 newsletters 		<ul style="list-style-type: none"> • Distribute newsletters to parents. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
5 minutes	<ul style="list-style-type: none"> • Greeting and welcome • Attendance • Parent orientation • Explain preparing your child for action 		<ul style="list-style-type: none"> • Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> • Facility safety information 	<ul style="list-style-type: none"> • “Safe and unsafe” 	<ul style="list-style-type: none"> • Circle, seated on deck
New Skills			
2 minutes	<ul style="list-style-type: none"> • Out-of-water exploration—walk around pool, show and explain limitations 	<ul style="list-style-type: none"> • “Showers, ladders, steps” • “Hold your child’s hand” 	
2 minutes	<ul style="list-style-type: none"> • Water adjustment <ul style="list-style-type: none"> ○ Kicking (flutter and breaststroke) sitting on the side of the pool ○ Splash water ○ Sprinkle water from can 	<ul style="list-style-type: none"> • “Loose and floppy ankles and knees” • “Start slow and faster and faster” 	<ul style="list-style-type: none"> • Line, sitting on deck
2 minutes	<ul style="list-style-type: none"> • Enter and exit the water lifting in—parents roll over and slide in and lift child in using the shoulder support 	<ul style="list-style-type: none"> • “Maintain contact with your child” 	<ul style="list-style-type: none"> • Stagger

Day 1 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills (continued)			
1 minute	<ul style="list-style-type: none"> In-water exploration—hip straddle or shoulder support 	<ul style="list-style-type: none"> “Just like you were carrying or holding your child on land for the hip straddle” “Watch for drinking or lapping up water for the shoulder support” 	
3 minutes	<ul style="list-style-type: none"> “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> “Clap your hands” “Splash the water” “Wash your hair” “Kick your legs” “Blow some bubbles” 	<ul style="list-style-type: none"> Circle
2 minutes	<ul style="list-style-type: none"> Front float—shoulder support 	<ul style="list-style-type: none"> “Keep your shoulders low” “Move back just enough for the legs to float up” 	<ul style="list-style-type: none"> Circle or line
2 minutes	<ul style="list-style-type: none"> Front glide—shoulder support 	<ul style="list-style-type: none"> “Keep your shoulders low” 	<ul style="list-style-type: none"> Line, stagger
2 minutes	<ul style="list-style-type: none"> Leg action on front—hug position 	<ul style="list-style-type: none"> “Keep your shoulders low” “Hands under the knees, thumbs on the calves” 	<ul style="list-style-type: none"> Line, stagger
Games/Songs			
2 minutes	<ul style="list-style-type: none"> “Humpty Dumpty” “It’s Raining, It’s Pouring” 	<ul style="list-style-type: none"> “Fall off the wall” “Mom and dad, you get wet, too” 	
Closing			
2 minutes	<ul style="list-style-type: none"> Thank participants for their attention and participation Offer positive reinforcement of what they did well Review lesson Announcements for next lesson 	<ul style="list-style-type: none"> “Great class!” “What was the most fun for you?” 	<ul style="list-style-type: none"> Circle

Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • How to call for help and the importance of knowing first aid and CPR 	<ul style="list-style-type: none"> • “What would you do?” 	<ul style="list-style-type: none"> • Circle, on deck
Opening Activity/Review Skills			
1 minute	<ul style="list-style-type: none"> • Water adjustment <ul style="list-style-type: none"> ○ Kicking (flutter and breaststroke) sitting on the side of the pool ○ Splash water ○ Sprinkle water from can 	<ul style="list-style-type: none"> • “Loose and floppy ankles and knees” • “Start slow and faster and faster” 	<ul style="list-style-type: none"> • Line, sitting on deck
2 minutes	<ul style="list-style-type: none"> • Enter and exit the water lifting in 	<ul style="list-style-type: none"> • “Maintain contact with your child” 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Kick your legs” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Front float—shoulder support 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Move back just enough for the legs to float up” 	<ul style="list-style-type: none"> • Circle or line
2 minutes	<ul style="list-style-type: none"> • Front glide—shoulder support 	<ul style="list-style-type: none"> • “Keep your shoulders low” 	<ul style="list-style-type: none"> • Line, stagger
New Skills			
3 minutes	<ul style="list-style-type: none"> • Back float—cuddle 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Circle or line
4 minutes	<ul style="list-style-type: none"> • Back glide—cuddle 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Leg action on back—cuddle 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Line, stagger

Day 2 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Retrieve the Balls 	<ul style="list-style-type: none"> • “Reach” 	
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 3

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Basic water safety rules 	<ul style="list-style-type: none"> • “Around the home and all water” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Kick your legs” • “Blow some bubbles” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Leg action on front—hug 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Hands under the knees, thumbs on the calves” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Back float—cuddle 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Circle or line
3 minutes	<ul style="list-style-type: none"> • Back glide—cuddle position 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Leg action on back—cuddle 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Rest your child’s head on your shoulder” 	<ul style="list-style-type: none"> • Line, stagger
New Skills			
2 minutes	<ul style="list-style-type: none"> • Enter and exit the water walking in—parent holds the child using the hip straddle and enters the pool using steps or a ramp 	<ul style="list-style-type: none"> • “Hold on and focus” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Submerge mouth and nose—parent cues the child and dips down to the mouth, then dips down to the mouth and nose 	<ul style="list-style-type: none"> • “Close your mouth” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Blow bubbles—with mouth and nose submerged 	<ul style="list-style-type: none"> • “Make humming noises like me” 	

Day 3 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Games/Songs			
2 minutes	<ul style="list-style-type: none">• “Row, Row, Row Your Boat”• “London Bridge”	<ul style="list-style-type: none">• “Hold on and focus”	<ul style="list-style-type: none">• Stagger
Closing			
2 minutes	<ul style="list-style-type: none">• Thank participants for their attention and participation• Offer positive reinforcement of what they did well• Review lesson• Announcements for next lesson	<ul style="list-style-type: none">• “Sing songs and play in your tub or pool at home”	<ul style="list-style-type: none">• Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • General water safety around the home 	<ul style="list-style-type: none"> • “Barriers” • “Hazards” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Enter and exit the water walking in 	<ul style="list-style-type: none"> • “Hold on and focus” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Blow some bubbles” • “Kick your legs” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Submerge mouth and nose 	<ul style="list-style-type: none"> • “Ready? Close your mouth.” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Blow bubbles—with mouth and nose submerged 	<ul style="list-style-type: none"> • “Hum like a motor” 	
2 minutes	<ul style="list-style-type: none"> • Underwater exploration 	<ul style="list-style-type: none"> • “Pick up the toys” 	
2 minutes	<ul style="list-style-type: none"> • Leg action on front—hug 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Hands under the knees, thumbs on the calves” 	<ul style="list-style-type: none"> • Line, stagger
New Skills			
4 minutes	<ul style="list-style-type: none"> • Front glide with support from parent 	<ul style="list-style-type: none"> • “Hold you child horizontal. Ready? 1, 2, 3, go.” 	
4 minutes	<ul style="list-style-type: none"> • Back glide with support from parent 	<ul style="list-style-type: none"> • “Head back, tummy up” 	
Games/Songs			
2 minutes	<ul style="list-style-type: none"> • “Twinkle, Twinkle Little Star” • Motorboat 	<ul style="list-style-type: none"> • “Look up at the stars” • “Blow those bubbles” 	
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “So glad you came to swim with me today” 	<ul style="list-style-type: none"> • Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Recreational water illnesses (RWIs) 	<ul style="list-style-type: none"> • “Diaper changing” • “Diarrhea” • “Not feeling well” 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
1 minute	<ul style="list-style-type: none"> • Enter and exit the water walking in 	<ul style="list-style-type: none"> • “Hold on and focus” 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Blow some bubbles” • “Kick your legs” • “Cover your nose (submerge to nose)” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Underwater exploration 	<ul style="list-style-type: none"> • “Pick up the toys” 	
2 minutes	<ul style="list-style-type: none"> • Leg action on front—hug 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Hands under the knees, thumbs on the calves” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Front glide with support from parent 		
4 minutes	<ul style="list-style-type: none"> • Back glide with support from parent 	<ul style="list-style-type: none"> • “Head back, tummy up” 	
New Skills			
4 minutes	<ul style="list-style-type: none"> • Passing from instructor to parent—shoulder support 	<ul style="list-style-type: none"> • “Stand so that you can see the child’s face” 	<ul style="list-style-type: none"> • Line, stagger
Games/Songs			
2 minutes	<ul style="list-style-type: none"> • Little Frog • “Wheels on the Bus” 	<ul style="list-style-type: none"> • “Feel the water” 	
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Effort” • “Good job” • “Safe” 	<ul style="list-style-type: none"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Life jackets 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		<ul style="list-style-type: none"> • Circle
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • The importance of wearing a life jacket 	<ul style="list-style-type: none"> • “Where?” • “Why?” • “When?” • “Heads up jacket” 	<ul style="list-style-type: none"> • Circle, seated on deck
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Blow some bubbles” • “Kick your legs” • “Cover your nose (submerge to nose)” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Underwater exploration 	<ul style="list-style-type: none"> • “Pick up the toys” 	
2 minutes	<ul style="list-style-type: none"> • Leg action on front—hug 	<ul style="list-style-type: none"> • “Keep your shoulders low” • “Hands under the knees, thumbs on the calves” 	<ul style="list-style-type: none"> • Line, stagger
2 minutes	<ul style="list-style-type: none"> • Front glide with support from parent 	<ul style="list-style-type: none"> • “Ready? 1, 2, 3, go” 	
2 minutes	<ul style="list-style-type: none"> • Passing from instructor to parent—shoulder support 	<ul style="list-style-type: none"> • “Stand so that you can see the child’s face” 	<ul style="list-style-type: none"> • Line, stagger
New Skills			
5 minutes	<ul style="list-style-type: none"> • Putting on life jackets 	<ul style="list-style-type: none"> • “Correct sizes” • “Fasten all snaps and ties” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from front to back wearing life jackets 	<ul style="list-style-type: none"> • “Roll over” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from back to front wearing life jackets 	<ul style="list-style-type: none"> • “Ready? 1, 2, 3, blow your bubbles” 	<ul style="list-style-type: none"> • Line, stagger
Games/Songs			
2 minutes	<ul style="list-style-type: none"> • “Twinkle, Twinkle Little Star” • “Old MacDonald” 	<ul style="list-style-type: none"> • “Look at the sky, see the stars” • “What color are the fish in the water?” 	

Day 6 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Closing			
2 minutes	<ul style="list-style-type: none">• Thank participants for their attention and participation• Offer positive reinforcement of what they did well• Review lesson• Announcements for next lesson	<ul style="list-style-type: none">• “What did we learn about life jackets?”	<ul style="list-style-type: none">• Circle

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats 		<ul style="list-style-type: none"> • Prepare completion cards to the extent possible. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Sun safety 	<ul style="list-style-type: none"> • “Rub it in and reapply” 	<ul style="list-style-type: none"> • Circle, seated on deck
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Blow some bubbles” • “Kick your legs” • “Cover your nose (submerge to nose)” • “Pick up a toy” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Back glide with support 	<ul style="list-style-type: none"> • “Tummy up” 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Leg action on back—cuddle 	<ul style="list-style-type: none"> • “Kick, kick” 	<ul style="list-style-type: none"> • Line
3 minutes	<ul style="list-style-type: none"> • Passing from instructor to parent—shoulder support 	<ul style="list-style-type: none"> • “Stand so that you can see the child’s face” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from front to back 	<ul style="list-style-type: none"> • “Look down, look up” 	<ul style="list-style-type: none"> • Line, stagger
3 minutes	<ul style="list-style-type: none"> • Roll from back to front 	<ul style="list-style-type: none"> • “Look back at my eyes, look down and see the fish” 	<ul style="list-style-type: none"> • Line, stagger
New Skills			
	<ul style="list-style-type: none"> • No new skills 		
Games/Songs			
2 minutes	<ul style="list-style-type: none"> • “Hokey Pokey” • “Ring Around the Rosie” 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for their attention and participation • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 	<ul style="list-style-type: none"> • “Why do we reapply sunscreen?” 	<ul style="list-style-type: none"> • Circle

Day 8

Equipment		Reminders	
<ul style="list-style-type: none"> • Water toys • Foam noodles • Swim bar floats • Completion cards • Rewards for participants 		<ul style="list-style-type: none"> • Prepare completion cards for presentation at the end of the lesson. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Review of general water safety rules 	<ul style="list-style-type: none"> • “In the home” • “In the yard” • “At the pool” 	<ul style="list-style-type: none"> • Circle, seated on deck
Review Skills			
3 minutes	<ul style="list-style-type: none"> • “If You’re Happy and You Know It” 	<ul style="list-style-type: none"> • “Clap your hands” • “Splash the water” • “Wash your hair” • “Blow some bubbles” • “Kick your legs” • “Cover your nose (submerge to nose)” • “Pick up a toy” 	<ul style="list-style-type: none"> • Circle
2 minutes	<ul style="list-style-type: none"> • Passing from instructor to parent—shoulder support 	<ul style="list-style-type: none"> • “Stand so that you can see the child’s face” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Roll from front to back 	<ul style="list-style-type: none"> • “Blow bubbles at the fish, smile at the birds” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Roll from back to front 	<ul style="list-style-type: none"> • “Smile at the birds, blow bubbles at the fish” 	<ul style="list-style-type: none"> • Line, stagger
4 minutes	<ul style="list-style-type: none"> • Front glide with support 	<ul style="list-style-type: none"> • “Ready? 1, 2, 3, go” 	
4 minutes	<ul style="list-style-type: none"> • Back glide with support 	<ul style="list-style-type: none"> • “Head back, tummy up” 	
Games/Songs			
2 minutes	<ul style="list-style-type: none"> • “Row, Row, Row Your Boat” • Birthday Party 	<ul style="list-style-type: none"> • “Reach and pull” • “Blow out the candles” 	
Closing			
2 minutes	<ul style="list-style-type: none"> • Congratulate participants on their progress • Inform parents about what to enroll in for the next session 	<ul style="list-style-type: none"> • “Let’s stay safe around the water and keep learning our skills” 	<ul style="list-style-type: none"> • Circle