



**American
Red Cross**

SAMPLE BLOCK AND LESSON PLANS

Preschool Aquatics Level 3

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*

Preschool Aquatics Level 3

Day 1	Day 2	Day 3	Day 4
<p>Safety Topic</p> <ul style="list-style-type: none"> • Staying safe around water 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Recognizing an emergency 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 	<p>Safety Topic</p> <ul style="list-style-type: none"> • Too Much Sun Is No Fun
<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Follow the Leader • Level 2 exit skills 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Bounce across the swim lesson area and back while practicing rhythmic breathing • Enter water by jumping from side • Bobbing—fully submerge head and hold breath 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Ring Around the Rosie • Float independently in a face-down position and recover (front, jellyfish and tuck floats) 	<p>Opening Activity/ Review Skills</p> <ul style="list-style-type: none"> • Simon Says • Float independently in a face-down position and recover (front, jellyfish and tuck floats) • Combined arm and leg actions on front
<p>New Skills</p> <ul style="list-style-type: none"> • Enter water by jumping from side • Bobbing—fully submerge head and hold breath 	<p>New Skills</p> <ul style="list-style-type: none"> • Float independently in a face-down position (front, jellyfish and tuck floats) • Recover from a front float to vertical position 	<p>New Skills</p> <ul style="list-style-type: none"> • Combined arm and leg actions on front 	<p>New Skills</p> <ul style="list-style-type: none"> • Back float and recover • Back glide, independently • Combined arm and leg actions on back
<p>Game/Song</p> <ul style="list-style-type: none"> • Sharks and Minnows 	<p>Game/Song</p> <ul style="list-style-type: none"> • "London Bridge" 	<p>Game/Song</p> <ul style="list-style-type: none"> • Big Bad Wolf Race 	<p>Game/Song</p> <ul style="list-style-type: none"> • Simon Says
<p>Equipment</p> <ul style="list-style-type: none"> • <i>Swim Lessons Achievement Booklets</i>, as needed • Preschool Aquatics Level 3 newsletters • Kickboards • Foam noodles • Swim bar floats 	<p>Equipment</p> <ul style="list-style-type: none"> • Submersible water toys • Swim bar floats • Foam noodles • Kickboard 	<p>Equipment</p> <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Life jackets • Don't Just Pack It, Wear Your Jacket poster 	<p>Equipment</p> <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Too Much Sun Is No Fun poster

SAMPLE BLOCK PLAN *(Continued)*

Day 5	Day 6	Day 7	Day 8
Safety Topic <ul style="list-style-type: none"> • How to call for help 	Safety Topic <ul style="list-style-type: none"> • Reach or Throw, Don't Go 	Safety Topic <ul style="list-style-type: none"> • Look Before You Leap 	Safety Topic <ul style="list-style-type: none"> • Think So You Don't Sink
Opening Activity/ Review Skills <ul style="list-style-type: none"> • Red Light, Green Light • Back float and recover • Back glide independently • Combined arm and leg actions on back 	Opening Activity/ Review Skills <ul style="list-style-type: none"> • Follow the Leader • Float on front and recover independently (front, jellyfish and tuck floats) • Back float and recover • Finning arm action on back • Change direction of travel while swimming on front 	Opening Activity/ Review Skills <ul style="list-style-type: none"> • Simon Says • Treading water using arm and leg actions in shoulder-deep water • Combined arm and leg actions on front • Combined arm and leg actions on back 	Opening Activity/ Review Skills <ul style="list-style-type: none"> • Review all skills • Exit skills assessment
New Skills <ul style="list-style-type: none"> • Finning arm action on back • Change direction of travel while swimming on back 	New Skills <ul style="list-style-type: none"> • Tread—using arm and leg actions 	New Skills <ul style="list-style-type: none"> • Practice exit skills assessment 	New Skills <ul style="list-style-type: none"> • No new skills
Game/Song <ul style="list-style-type: none"> • Kickboard Relay 	Game/Song <ul style="list-style-type: none"> • Red Ball, Green Ball 	Game/Song <ul style="list-style-type: none"> • Big Bad Wolf Race 	Game/Song <ul style="list-style-type: none"> • Flip Flop
Equipment <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Toy or nonworking telephone 	Equipment <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Equipment for reaching assists (reaching pole, rescue tube, kickboard) • Reach or Throw, Don't Go poster • Different colored balls 	Equipment <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Hula-hoops • Ping-Pong balls • Look Before You Leap poster 	Equipment <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Completion cards • Rewards for participants • Think So You Don't Sink poster

SAMPLE LESSON PLANS



Preschool Aquatics Level 3

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"> Swim Lessons Achievement Booklets Preschool Aquatics Level 3 newsletters Kickboards Foam noodles Swim bar floats 		<ul style="list-style-type: none"> Distribute one <i>Swim Lessons Achievement Booklet</i> to each participant, as needed. Distribute newsletters to participants and/or their parents. Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
5 minutes	<ul style="list-style-type: none"> Introduce yourself and ask participants for their names Show designated lesson area Explain basic rules 	<ul style="list-style-type: none"> “Safe” “No running” 	<ul style="list-style-type: none"> Circle, seated on deck
Safety Topic			
5 minutes	<ul style="list-style-type: none"> Staying safe around water 		<ul style="list-style-type: none"> Circle, seated on deck
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> Follow the Leader 		<ul style="list-style-type: none"> Line
6 minutes	<ul style="list-style-type: none"> Level 2 exit skills 	<ul style="list-style-type: none"> “Show me what you can do” 	<ul style="list-style-type: none"> Stagger
New Skills			
2 minutes	<ul style="list-style-type: none"> Enter water by jumping in from side 	<ul style="list-style-type: none"> “Be careful” “Jump feet first” 	<ul style="list-style-type: none"> Stagger
2 minutes	<ul style="list-style-type: none"> Bobbing—fully submerge 	<ul style="list-style-type: none"> “Hum” 	<ul style="list-style-type: none"> Stagger
Game/Song			
4 minutes	<ul style="list-style-type: none"> Sharks and Minnows 		
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 2

Equipment		Reminders	
<ul style="list-style-type: none"> • Submersible water toys • Swim bar floats • Foam noodles • Kickboards 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Recognizing an emergency 	<ul style="list-style-type: none"> • When in doubt, shout it out” 	<ul style="list-style-type: none"> • Circle, on deck
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Bounce across the swim lesson area and back while practicing rhythmic breathing 	<ul style="list-style-type: none"> • “Bounce up and down” • “Hum” • “Breathe” 	<ul style="list-style-type: none"> • Wave
2 minutes	<ul style="list-style-type: none"> • Enter water by jumping in from side 	<ul style="list-style-type: none"> • “Feet first” 	<ul style="list-style-type: none"> • Stagger
2 minutes	<ul style="list-style-type: none"> • Bobbing—fully submerge 	<ul style="list-style-type: none"> • “Hum” 	<ul style="list-style-type: none"> • Stagger
New Skills			
10 minutes	<ul style="list-style-type: none"> • Float, independently, in a face-down position <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float 	<ul style="list-style-type: none"> • “Jellyfish, turtle, Superman” • “Superman, turtle, jellyfish, stand” • “Pancake, turtle, stand” 	
4 minutes	<ul style="list-style-type: none"> • Recover from a front float to a vertical position 	<ul style="list-style-type: none"> • “Plant your feet” • “Stand up” 	
Game/Song			
2 minutes	<ul style="list-style-type: none"> • “London Bridge” 		<ul style="list-style-type: none"> • 2 teams
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"> • Kickboards • Foam noodles • Swim bar floats • Life jackets • Don't Just Pack It, Wear Your Jacket poster 		<ul style="list-style-type: none"> • Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Don't Just Pack It, Wear Your Jacket 		<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
5 minutes	<ul style="list-style-type: none"> • Ring Around the Rosie <ul style="list-style-type: none"> ○ Substitute "All float face-up" and "All float face-down" for "All fall down" 	<ul style="list-style-type: none"> • "Go under" • "Hum and look around" 	<ul style="list-style-type: none"> • Circle in water
10 minutes	<ul style="list-style-type: none"> • Float, independently, in a face-down position and recover <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float 	<ul style="list-style-type: none"> • "Jellyfish, turtle, superman" • "Superman, turtle, jellyfish, stand" • "Pancake, turtle, stand" • "Relax" 	
New Skills			
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • "Reach and pull and kick, kick, kick" 	<ul style="list-style-type: none"> • Wave
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Big Bad Wolf Race 		
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for trying hard • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 4

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Too Much Sun Is No Fun poster 		<ul style="list-style-type: none"> • Keep an eye out for any participant who is able to qualify for a badge.. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • “Ouch” 	<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
2 minutes	<ul style="list-style-type: none"> • Simon Says 	<ul style="list-style-type: none"> • “Blow bubbles • “Open eyes under water” • “Swim on front” 	
3 minutes	<ul style="list-style-type: none"> • Float, independently, in a face-down position and recover <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float 	<ul style="list-style-type: none"> • “Jellyfish, turtle, Superman” • “Superman, turtle, jellyfish, stand” • “Pancake, turtle, stand” • “Relax” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • Reach and pull and kick, kick, kick” 	<ul style="list-style-type: none"> • Wave
New Skills			
5 minutes	<ul style="list-style-type: none"> • Back float and recover (at least 15 seconds), independently 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Relax” • “Feet down, stand up” 	
4 minutes	<ul style="list-style-type: none"> • Back glide (at least 2 body lengths), independently 	<ul style="list-style-type: none"> • “Stretch long” • “Glide” 	
5 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • “Gentle rain kicks” • “Reach and pull” 	<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Simon Says 		<ul style="list-style-type: none"> • Circle in water

Day 4 (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">• Circle

Day 5

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Toy or nonworking telephone 		<ul style="list-style-type: none"> • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • How to call for help 	<ul style="list-style-type: none"> • “Phone” • “9-1-1” • “Icon” 	<ul style="list-style-type: none"> • Circle, seated on deck
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • Red Light, Green Light 	<ul style="list-style-type: none"> • “Stop, go” 	<ul style="list-style-type: none"> • Line
2 minutes	<ul style="list-style-type: none"> • Back float and recover (at least 15 seconds), independently 	<ul style="list-style-type: none"> • “Head back, tummy up” • “Relax” • “Feet down, stand up” 	
2 minutes	<ul style="list-style-type: none"> • Back glide (at least 2 body lengths), independently 	<ul style="list-style-type: none"> • “Stretch long” • “Glide” 	
2 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • “Gentle rain kicks” • “Reach and pull” 	<ul style="list-style-type: none"> • Stagger
New Skills			
7 minutes	<ul style="list-style-type: none"> • Finning arm action on back 	<ul style="list-style-type: none"> • “Elbows at sides” • “Feel the pressure on your palms” • “Flap your wings” 	<ul style="list-style-type: none"> • Stagger
4 minutes	<ul style="list-style-type: none"> • Change direction of travel while swimming on back 	<ul style="list-style-type: none"> • “Turn around and come back” 	
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Kickboard Relay 	<ul style="list-style-type: none"> • “Fast” 	
Closing			
2 minutes	<ul style="list-style-type: none"> • Thank participants for working hard • Offer positive reinforcement of what they did well • Review lesson • Announcements for next lesson 		<ul style="list-style-type: none"> • Circle

Day 6

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Equipment for reaching assists (reaching pole, rescue tube, kickboard) • Different colored balls • Reach or Throw, Don't Go poster 		<ul style="list-style-type: none"> • Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		<ul style="list-style-type: none"> • Circle
Safety Topic			
4 minutes	<ul style="list-style-type: none"> • Reach or Throw, Don't Go 		
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • Follow the Leader 		<ul style="list-style-type: none"> • Line
3 minutes	<ul style="list-style-type: none"> • Float on front and recover, independently <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float 	<ul style="list-style-type: none"> • "Jellyfish, turtle, Superman" • "Superman, turtle, jellyfish, stand" • "Pancake, turtle, stand" • "Relax" 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Back float and recover (at least 15 seconds), independently 	<ul style="list-style-type: none"> • "Head back, tummy up" • "Relax" • "Feet down, stand up" 	
3 minutes	<ul style="list-style-type: none"> • Finning arm action on back 	<ul style="list-style-type: none"> • "Elbows at sides" • "Flap your wings" • "Feel the pressure on your palms" 	<ul style="list-style-type: none"> • Stagger
3 minutes	<ul style="list-style-type: none"> • Change direction of travel while swimming on front 	<ul style="list-style-type: none"> • "Turn around and come back" 	
New Skills			
5 minutes	<ul style="list-style-type: none"> • Treading water using arms and leg actions in shoulder-deep water <ul style="list-style-type: none"> ○ At least 15 seconds, independently 	<ul style="list-style-type: none"> • "Ride a wide bike up a big hill" • "Soft and easy" 	<ul style="list-style-type: none"> • Wave
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Red Ball, Green Ball 		

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">• Circle

Day 7

Equipment		Reminders	
<ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Hula-hoops • Ping-Pong balls • Look Before You Leap poster 		<ul style="list-style-type: none"> • Prepare completion cards to the extent possible. • Consider who qualifies to test for a badge, especially any participant who may not pass the level. • Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Look Before You Leap 		<ul style="list-style-type: none"> • Circle
Opening Activity/Review Skills			
3 minutes	<ul style="list-style-type: none"> • Simon Says 	<ul style="list-style-type: none"> • “Bob” • “Submerge” • “Swim on front” • “Float on back” 	<ul style="list-style-type: none"> • Circle in water
3 minutes	<ul style="list-style-type: none"> • Treading water using arms and leg actions in shoulder-deep water (at least 15 seconds), independently 	<ul style="list-style-type: none"> • “Ride a wide bike up a big hill” • “Soft and easy” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on front (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • “Reach and pull, kick” 	<ul style="list-style-type: none"> • Wave
3 minutes	<ul style="list-style-type: none"> • Combined arm and leg actions on back (at least 5 body lengths), independently 	<ul style="list-style-type: none"> • “Gentle rain kicks” • “Reach and pull” 	<ul style="list-style-type: none"> • Stagger

Day 7 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
New Skills			
10 minutes	Practice exit skills assessment: <ul style="list-style-type: none"> • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position • Move into a back float for 5 seconds, roll to front then recover to a vertical position • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths (you can assist the participant when taking a breath) 		<ul style="list-style-type: none"> • Stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Big Bad Wolf Race 		<ul style="list-style-type: none"> • Teams, lined up at wall
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 8

Equipment <ul style="list-style-type: none"> • Kickboards • Foam noodles • Swim bar floats • Completion cards • Rewards for participants • Think So You Don't Sink poster 		Reminders <ul style="list-style-type: none"> • Complete completion cards for presentation at the end of the lesson. • Ask participants for their achievement booklets for you to complete and sign. • Test participants for badges or award badges. (Some participants may have completed badge requirements and do not require a formal test.) • Review "Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes" and "Teaching Activities, Drills and Games" on Instructor's Corner. 	
Time	Activity	Key Words/Phrases	Class Organization
Housekeeping			
2 minutes	<ul style="list-style-type: none"> • Attendance • Review last lesson 		
Safety Topic			
2 minutes	<ul style="list-style-type: none"> • Think So You Don't Sink 		<ul style="list-style-type: none"> • Circle
Opening Activity			
5 minutes			
Review Skills			
7 minutes	<ul style="list-style-type: none"> • Review all skills 		<ul style="list-style-type: none"> • Line, stagger
8 minutes	<p>Exit skills assessment:</p> <ul style="list-style-type: none"> • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position • Move into a back float for 5 seconds, roll to front then recover to a vertical position • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths (you can assist the participant when taking a breath) 		<ul style="list-style-type: none"> • Line, stagger
Game/Song			
2 minutes	<ul style="list-style-type: none"> • Flip Flop 		

Day 8 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
Closing			
4 minutes	<ul style="list-style-type: none">• Congratulate participants their on success and progress• Distribute completion cards as appropriate• Recognize badges• Encourage participants and their parents to sign up for Learn-to-Swim Level 3 next time.	<ul style="list-style-type: none">• “Thank you”• “Keep practicing what you’ve learned”	<ul style="list-style-type: none">• Circle