



**American  
Red Cross**

## **SAMPLE BLOCK AND LESSON PLANS**

# Parent and Child Aquatics Level 2

**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 2**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>
<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Safety at the beach and at the waterpark</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• How to call for help and the importance of knowing first aid and CPR</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Reaching assists</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Basic water safety rules review</li> </ul>
<p><b>Review Skills</b></p>	<p><b>Review Skills</b></p> <ul style="list-style-type: none"> <li>• Water adjustment                             <ul style="list-style-type: none"> <li>○ Kicking</li> <li>○ Splash water</li> <li>○ Sprinkle water from can</li> </ul> </li> <li>• Enter and exit the water lifting in</li> <li>• In-water exploration—hip straddle or shoulder support</li> <li>• Water adjustment—hip straddle</li> <li>• Front float—shoulder support</li> <li>• Front glide—shoulder support</li> <li>• Alternating or simultaneous leg action on front</li> </ul>	<p><b>Review Skills</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the water                             <ul style="list-style-type: none"> <li>○ Seated position</li> <li>○ Seated position—rolling over and sliding in</li> </ul> </li> <li>• Blow bubbles—with mouth and nose submerged</li> <li>• Back float—cuddle</li> <li>• Back glide—cuddle</li> <li>• Alternating or simultaneous leg action on back</li> </ul>	<p><b>Review Skills</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the water                             <ul style="list-style-type: none"> <li>○ Using a ladder or steps</li> <li>○ Stepping or jumping in</li> </ul> </li> <li>• Blow bubbles—with mouth and nose submerged</li> <li>• Submerge fully—if the child is ready</li> <li>• Blow bubbles—with mouth and nose submerged</li> <li>• Alternating or simultaneous leg action on front</li> </ul>
<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Water adjustment                             <ul style="list-style-type: none"> <li>○ Kicking sitting on the side of the pool</li> <li>○ Splash water</li> <li>○ Sprinkle water from can</li> </ul> </li> <li>• Enter and exit the water lifting in—shoulder support</li> <li>• In-water exploration—hip straddle or shoulder support</li> <li>• Water adjustment—hip straddle</li> <li>• Blow bubbles—with mouth and nose submerged</li> <li>• Front float—shoulder support</li> <li>• Front glide—shoulder support</li> <li>• Alternating or simultaneous leg action on front</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the water                             <ul style="list-style-type: none"> <li>○ Seated position</li> <li>○ Seated position—rolling over and sliding in</li> </ul> </li> <li>• Back float—hip support on back</li> <li>• Back glide—cuddle</li> <li>• Alternating or simultaneous leg action on back</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Enter and exit the water                             <ul style="list-style-type: none"> <li>○ Using a ladder or steps</li> <li>○ Stepping or jumping in</li> </ul> </li> <li>• Submerge fully (if the child is ready)</li> <li>• Explore the pool</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on front—arm stroke and shoulder support on side</li> <li>• Combined arm and leg actions on front</li> </ul>
<p><b>Games/Songs</b></p> <ul style="list-style-type: none"> <li>• Children in the Pool</li> <li>• “Wheels on the Bus”</li> </ul>	<p><b>Games/Songs</b></p> <ul style="list-style-type: none"> <li>• Submarine</li> <li>• Cowboys–Cowgirls</li> </ul>	<p><b>Games/Songs</b></p> <ul style="list-style-type: none"> <li>• Frog in the Sea, You Can't Catch Me</li> <li>• Water Fountain</li> </ul>	<p><b>Games/Songs</b></p> <ul style="list-style-type: none"> <li>• Kickboard Relay</li> <li>• Loud and Quiet Kicking</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Parent and Child Aquatics Level 2 newsletters</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Extension pole, towels, foam noodles</li> <li>• Water toys</li> <li>• Swim bar floats</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>

## SAMPLE BLOCK PLAN (Continued)

Day 5	Day 6	Day 7	Day 8
<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Recreational water illnesses (RWIs)</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Wearing a life jacket in the water</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Sun safety</li> </ul>	<b>Safety Topic</b> <ul style="list-style-type: none"> <li>Water toys and their limitations</li> </ul>
<b>Review Skills</b> <ul style="list-style-type: none"> <li>Alternating or simultaneous arm action on front—arm stroke and shoulder support on side</li> <li>Combined arm and leg actions on front</li> </ul>	<b>Review Skills</b> <ul style="list-style-type: none"> <li>Drafting with breathing—shoulder support</li> <li>Front glide to the wall—side-to-side support</li> <li>Passing—side-to-side support</li> <li>Alternating or simultaneous arm action on back—back support</li> <li>Combined arm and leg actions on back</li> </ul>	<b>Review Skills</b> <ul style="list-style-type: none"> <li>Enter and exit the water                             <ul style="list-style-type: none"> <li>Using a ladder or steps</li> <li>Stepping or jumping in</li> </ul> </li> <li>Roll from front to back</li> <li>Roll from back to front</li> <li>Back float—cuddle position</li> </ul>	<b>Review Skills</b> <ul style="list-style-type: none"> <li>Blow bubbles—with mouth and nose submerged</li> <li>Underwater exploration</li> <li>Drafting with breathing—shoulder support</li> <li>Front glide to the wall—side-to-side support</li> <li>Passing—side-to-side support</li> <li>Combined arm and leg actions on front with breathing</li> <li>Alternating or simultaneous arm action on back—back support</li> <li>Combined arm and leg actions on back</li> </ul>
<b>New Skills</b> <ul style="list-style-type: none"> <li>Drafting with breathing—shoulder support</li> <li>Front glide to the wall—side-to-side support</li> <li>Passing—side-to-side support</li> <li>Alternating or simultaneous arm action on back—back support</li> <li>Combined arm and leg actions on back</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Roll from front to back</li> <li>Roll from back to front</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>Underwater exploration—open eyes and retrieve objects below the surface and submerged</li> <li>Bobs</li> <li>Combined arm and leg actions on front with breathing</li> <li>Combined arm and leg actions on back</li> </ul>	<b>New Skills</b> <ul style="list-style-type: none"> <li>No new skills</li> </ul>
<b>Games/Songs</b> <ul style="list-style-type: none"> <li>Hoop Jumping</li> <li>Rocket Ship</li> </ul>	<b>Games/Songs</b> <ul style="list-style-type: none"> <li>Water Push Ball</li> <li>Around the Lighthouse</li> </ul>	<b>Games/Songs</b> <ul style="list-style-type: none"> <li>Water Fountain</li> <li>“I’m a Little Pancake”</li> </ul>	<b>Games/Songs</b> <ul style="list-style-type: none"> <li>Eggs for Breakfast</li> <li>Red Light, Green Light</li> </ul>
<b>Equipment</b> <ul style="list-style-type: none"> <li>Water toys</li> <li>Foam noodles</li> <li>Swim bar floats</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Water toys</li> <li>Foam noodles</li> <li>Swim bar floats</li> <li>Life jackets</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Water toys</li> <li>Foam noodles</li> <li>Swim bar floats</li> </ul>	<b>Equipment</b> <ul style="list-style-type: none"> <li>Water toys</li> <li>Foam noodles</li> <li>Swim bar floats</li> <li>Completion cards</li> <li>Rewards for participants</li> </ul>

# SAMPLE LESSON PLANS



## Parent and Child Aquatics Level 2

**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

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Parent and Child Aquatics Level 2 newsletters</li> </ul>		<ul style="list-style-type: none"> <li>• Distribute newsletters to parents.</li> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Greeting and welcome</li> <li>• Attendance</li> <li>• Parent orientation                             <ul style="list-style-type: none"> <li>○ Explain getting your child ready for the skill</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Safety Topic</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Safety at the beach and at the waterpark</li> </ul>	<ul style="list-style-type: none"> <li>• “Stay close”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>New Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Water adjustment                             <ul style="list-style-type: none"> <li>○ Kicking (flutter and breaststroke) sitting on the side of the pool</li> <li>○ Splash water</li> <li>○ Sprinkle water from can</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Loose and floppy ankles and knees”</li> <li>• “Start slow and faster and faster”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, sitting on deck</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water lifting in                             <ul style="list-style-type: none"> <li>○ Parents roll over and slide in and lift child in using the shoulder support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Keep one hand on your child”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• In-water exploration—hip straddle or shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Just like on land for the hip straddle”</li> <li>• “Watch for drinking or lapping of water with the shoulder support”</li> </ul>	

**Day 1 (Continued)**

<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>New Skills (continued)</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Water adjustment—hip straddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Up and down”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Blow bubbles—with mouth and nose submerged</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow on my finger”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Front float—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Move back just enough for the legs to float up”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle or line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Front glide—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Blow bubbles”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Leg action on front—alternating or simultaneous movements</li> </ul>	<ul style="list-style-type: none"> <li>• “Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• “Children in the Pool”</li> <li>• “Wheels on the Bus”</li> </ul>	<ul style="list-style-type: none"> <li>• “Let them feel the action of the water”</li> </ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “You did so well today”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 2

Equipment		Reminders	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
Time	Activity	Key Words/Phrases	Class Organization
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• How to call for help and the importance of knowing first aid and CPR</li> </ul>	<ul style="list-style-type: none"> <li>• “You’ll find a first aid/CPR class at _____”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
1 minute	<ul style="list-style-type: none"> <li>• Water adjustment               <ul style="list-style-type: none"> <li>○ Kicking sitting on the side of the pool</li> <li>○ Splash water</li> <li>○ Sprinkle water from can</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Loose and floppy ankles and knees”</li> <li>• “Start slow and faster and faster”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, sitting on deck</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water lifting in</li> </ul>		<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• In-water exploration—hip straddle or shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Up and down”</li> </ul>	
2 minutes	<ul style="list-style-type: none"> <li>• Water adjustment—hip straddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Everybody gets wet”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Front float—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Move back just enough for the legs to float up”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle or line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Front glide—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Leg action on front—alternating or simultaneous movements</li> </ul>	<ul style="list-style-type: none"> <li>• “Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>New Skills</b>			
1 minute	<ul style="list-style-type: none"> <li>• Enter and exit the water               <ul style="list-style-type: none"> <li>○ Seated position</li> <li>○ Seated position—rolling over and sliding in</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “When mom or dad says, roll over and slide in”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>

## Day 2 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
<b>New Skills (continued)</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Back float—hip support on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Look up at the stars”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle or line</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Back glide—cuddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Rest your child’s head on your shoulder”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Leg action on back—alternating or simultaneous movements</li> </ul>	<ul style="list-style-type: none"> <li>• “Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Submarine</li> <li>• Cowboys–Cowgirls</li> </ul>	<ul style="list-style-type: none"> <li>• “Yee-haw”</li> </ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “Remember to teach your child to only enter the water with an adult and say, ‘Here I come’”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 3

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Extension pole, towels, foam noodles</li> <li>• Water toys</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Reaching assists</li> </ul>	<ul style="list-style-type: none"> <li>• “Stay low”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water               <ul style="list-style-type: none"> <li>○ Seated position</li> <li>○ Seated position—rolling over and sliding in</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Roll and slide”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• Blow bubbles—with mouth and nose submerged</li> </ul>	<ul style="list-style-type: none"> <li>• “Be a motorboat”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Back float—cuddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Rest your child’s head on your shoulder”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle or line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Back glide—cuddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Rest your child’s head on your shoulder”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Leg action on back—alternating or simultaneous movements</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Rest your child’s head on your shoulder”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>New Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water               <ul style="list-style-type: none"> <li>○ Using a ladder or steps</li> <li>○ Stepping or jumping in</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Hold onto your child when climbing”</li> <li>• “Only jump in when mommy or daddy is looking at you and says it is okay”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Submerge fully—parent cues the child and dips down to the mouth and nose, then dips fully if the child is ready</li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, get wet!”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Explore the pool</li> </ul>		<ul style="list-style-type: none"> <li>• Stagger</li> </ul>



### Day 3 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"><li>• Frog in the Sea, You Can't Catch Me</li><li>• Water Fountain</li></ul>	<ul style="list-style-type: none"><li>• "Ribbit"</li></ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"><li>• Thank participants for their attention and participation</li><li>• Offer positive reinforcement of what they did well</li><li>• Review lesson</li><li>• Announcements for next lesson</li></ul>	<ul style="list-style-type: none"><li>• "Remember, reach and stay low"</li></ul>	<ul style="list-style-type: none"><li>• Circle</li></ul>

## Day 4

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Basic water safety rules review</li> </ul>	<ul style="list-style-type: none"> <li>• “Check the rules on the signs”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water               <ul style="list-style-type: none"> <li>○ Using a ladder or steps</li> <li>○ Stepping or jumping in</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Mommy (Daddy), here I come”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
1 minute	<ul style="list-style-type: none"> <li>• Blow bubbles—with mouth and nose submerged</li> </ul>	<ul style="list-style-type: none"> <li>• “Be a motorboat”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Submerge fully               <ul style="list-style-type: none"> <li>○ Parent cues the child and dips down to the mouth and nose, then dips fully if the child is ready</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, go under”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Blow bubbles—with mouth and nose submerged</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow on my finger”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Leg action on front—alternating or simultaneous movements</li> </ul>	<ul style="list-style-type: none"> <li>• “Kick, kick, kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>New Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Arm action on front               <ul style="list-style-type: none"> <li>○ Alternating or simultaneous movements</li> <li>○ Parent in arm stroke position</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>

**Day 4 (Continued)**

Time	Activity	Key Words/Phrases	Class Organization
<b>New Skills (continued)</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Arm action on front               <ul style="list-style-type: none"> <li>○ Alternating or simultaneous movements</li> <li>○ Parent in shoulder support—side to side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water and kick”</li> </ul>	
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Kickboard Races</li> <li>• Loud and Quiet Kicking</li> </ul>	<ul style="list-style-type: none"> <li>• “Big kicking”</li> <li>• “Little kicking”</li> </ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “Remember to read the pool rule signs on your way out”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 5

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Recreational water illnesses (RWIs)</li> </ul>	<ul style="list-style-type: none"> <li>• “Diaper changing”</li> <li>• “Cleaning up after the potty”</li> <li>• “No swimming with diarrhea”</li> <li>• “No swimming when you don’t feel well”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on front—arm stroke</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on front—shoulder support on side</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• “Reach and pull that water and kick”</li> </ul>	
<b>New Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Drafting with breathing—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Walk backward and create a water flow”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide to the wall—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Hold that wall”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Passing—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Don’t bump their head or mouth. Don’t push hard into the wall”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on back—back support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	

**Day 5 (Continued)**

Time	Activity	Key Words/Phrases	Class Organization
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Hoop Jumping</li> <li>• Rocket Ship</li> </ul>	<ul style="list-style-type: none"> <li>• “Grab that wall”</li> </ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “Effort”</li> <li>• “Good job”</li> <li>• “Safe”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 6

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Life jackets</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>
<b>Safety Topic</b>			
5 minutes	<ul style="list-style-type: none"> <li>• Wearing a life jacket in the water</li> </ul>	<ul style="list-style-type: none"> <li>• “What type?”</li> <li>• “What size?”</li> <li>• “When?”</li> <li>• “Where?”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>Opening Activity/Review Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Drafting with breathing—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, go”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide to the wall—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Get that wall”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Passing—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, go”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on back—back support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	
<b>New Skills</b>			
3 minutes	<ul style="list-style-type: none"> <li>• Roll from front to back</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow the bubbles and roll over”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Roll from back to front</li> </ul>	<ul style="list-style-type: none"> <li>• “Take a breath and roll over”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Water Push Ball</li> <li>• Around the Lighthouse</li> </ul>		
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• “Check out the life jackets for your child”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>

## Day 7

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>		<ul style="list-style-type: none"> <li>• Prepare completion cards to the extent possible.</li> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Sun safety</li> </ul>	<ul style="list-style-type: none"> <li>• “Apply early”</li> <li>• “Apply often”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Enter and exit the water               <ul style="list-style-type: none"> <li>○ Using a ladder or steps</li> <li>○ Stepping or jumping in</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Roll from front to back</li> </ul>	<ul style="list-style-type: none"> <li>• “Blow the bubbles and roll over”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Roll from back to front</li> </ul>	<ul style="list-style-type: none"> <li>• “Take a breath and roll over”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Back float—cuddle</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Rest your child’s head on your shoulder”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle or line</li> </ul>
<b>New Skills</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Underwater exploration—               <ul style="list-style-type: none"> <li>○ Open eyes and retrieve an object below the surface</li> <li>○ Open eyes and retrieve a submerged object</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Look at the toy, eyes down, pick it up”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Bobs</li> </ul>		<ul style="list-style-type: none"> <li>• Line at wall</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front with breathing</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Reach and pull that water and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
4 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	

**Day 7 (Continued)**

Time	Activity	Key Words/Phrases	Class Organization
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Water Fountain</li> <li>• "I'm a Little Pancake"</li> </ul>	<ul style="list-style-type: none"> <li>• "Roll over"</li> </ul>	
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>	<ul style="list-style-type: none"> <li>• "Remember to apply sunscreen before coming to the pool"</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>



## Day 8

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Water toys</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Completion cards</li> <li>• Rewards for participants</li> </ul>		<ul style="list-style-type: none"> <li>• Complete completion cards for presentation at the end of the lesson.</li> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> </ul>		
<b>Safety Topic</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Water toys and their limitations</li> </ul>	<ul style="list-style-type: none"> <li>• “Always stay within arms reach”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, seated on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
1 minute	<ul style="list-style-type: none"> <li>• Blow bubbles—with mouth and nose submerged</li> </ul>	<ul style="list-style-type: none"> <li>• “Be a motorboat”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Underwater exploration</li> </ul>	<ul style="list-style-type: none"> <li>• “What color are the fish?”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Drafting with breathing—shoulder support</li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, go”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Front glide to the wall—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Careful, don’t let them bump their heads”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger or wave</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Passing—side-to-side support</li> </ul>	<ul style="list-style-type: none"> <li>• “Ready? 1, 2, 3, go”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front with breathing</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> <li>• “Reach and pull that water and kick”</li> </ul>	<ul style="list-style-type: none"> <li>• Line</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Alternating or simultaneous arm action on back—back support</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	<ul style="list-style-type: none"> <li>• Line, stagger</li> </ul>
3 minutes	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• “Keep your shoulders low”</li> </ul>	
<b>New Skills</b>			
	<ul style="list-style-type: none"> <li>• No new skills</li> </ul>		
<b>Games/Songs</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Eggs for Breakfast</li> <li>• Red Light, Green Light</li> </ul>	<ul style="list-style-type: none"> <li>• “Start; stop”</li> </ul>	

## Day 8 (Continued)

Time	Activity	Key Words/Phrases	Class Organization
<b>Closing</b>			
4 minutes	<ul style="list-style-type: none"><li>• Congratulate participants their on success and progress</li><li>• Inform participants about what to enroll in for the next session</li></ul>	<ul style="list-style-type: none"><li>• “Let’s keep building on their skills and stay safe in, on and around the water”</li></ul>	<ul style="list-style-type: none"><li>• Circle</li></ul>