

Red Cross Swim Preschool–Salamander Lesson #1



Canadian Red Cross

Theme: Salamanders' New Adventure **Duration:** 30 minutes
Story: Sea Otters are now becoming Salamanders. **Time:** _____
Focus: Review of past skills and introduction of new skills **Equipment:** Sponges, Watering cans, Water noodles

Time (mins)	Activity/Skill	Formation
3	Welcome the swimmers and take attendance. We are introduced to our Instructor and learn where we'll meet each class. – Facility/Site Orientation and Active Supervision	
5	We search for the salamanders (via a tour of the pool) and look for places where they may be hiding: deep-end ladder, lifeguard station, shallow end, change room, emergency exit, lifeguard office, etc. (The Instructor leads the tour and explains each place, making sure never to leave the children alone.) – Facility/Site Orientation and Active Supervision	
3	We do a sitting slip-in entry into the water. Remember to Stop! Look! Ask! (Find the Adult) before entering the water. – Stop! Look! Ask! (Find the Adult)	
6	Before we keep looking for the salamanders, we need to get wet. We use sponges and watering cans to get our body, face, and head wet as we sing "This is the Way We Wash Ourselves." We say hello to the pretend fish and ask them where the salamanders are. We put our face in the water and give the pretend fish some bubbles. – Play and Songs; Rhythmic Breathing 5 Times	
4	We think we spot some salamanders at the other side of the pool, so we go to check. – Front Glide 3 sec (Sea Otter)	
3	We need to follow the seagulls using a water noodle. – Back Glide 3 sec (Assisted) (Sea Otter)	
3	The seagulls tell us that we are the salamanders. It's time to go home, so we head for shore using a water noodle. – Front Swim 1m (Assisted) (Sea Otter)	
3	<p>That was a fun adventure! We sing the song "If You're Happy and You Know It" and do the actions. We say the Salamander poem. – Play and Songs</p> <p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #2



Canadian Red Cross

Theme: Salamander’s Fishing Trip **Duration:** 30 minutes
Story: Salamander goes on a fishing trip with friends. **Time:** _____
Focus: PFD/lifejacket awareness **Equipment:** Mats, PFDs/lifejackets

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance.	
3	We meet a lifeguard and learn what a lifeguard does. The lifeguard looks out for our safety. – Facility/Site Orientation and Active Supervision	
3	We are going on a fishing trip with our friends, so we wear a PFD/lifejacket in the boat (mat). We learn how to put on a PFD/lifejacket; everyone wears one on the boat. – PFD/Lifejacket and Me (Assisted) and HELP	
1	We tell an adult before we go. – Stop! Look! Ask! (Find the Adult)	
2	We need to tell the fish that we are coming, so we blow bubbles in the water. – Rhythmic Breathing 5 Times	
5	We take a boat (mat) to the best fishing spot. We get in and search for the fish. We see which salamanders can walk, run, hop, kick, float, and swim with our PFDs/lifejackets. – PFD/Lifejacket and Me (Assisted) and HELP	
4	There are no fish here, so we look a little deeper. We then swim to the side and remove our PFDs/lifejackets. – Surface Support 5 sec (Assisted)	
3	While we’re floating on our backs, we ask the other salamanders if they have seen the fish. – Back Float and Recovery	
5	Then we pretend to be a jet ski. – Distance Swim 2m	
3	We had a good day. We sing “The People in the Boat” to the tune of “The People on the Bus” and do the actions. We say our Salamander poem. – Play and Songs	
	<p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #3



Theme: A Trip to Marine World **Duration:** 30 minutes
Story: Salamanders visit friends at Marine World. **Time:** _____
Focus: Moving through water unassisted **Equipment:** Floating and sinking objects, Water noodles

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. Ask the swimmers to explain why it is important to swim in water where there is a lifeguard on duty. – Facility/Site Orientation and Active Supervision	
3	We decide we should bring presents to give to our friends at the bottom of the water and our friends who are on top of the water. So we throw some presents in the water to see which ones float and which ones sink. – Buoyant Objects	
2	We need to get in and gather the presents. Remember to Stop! Look! Ask! (Find the Adult). (Have the children jump in unassisted if possible. Try it a few times.) – Jump into Chest-Deep Water; Stop! Look! Ask! (Find the Adult)	
3	We need to open our eyes underwater to see any presents we might have missed. We see some presents that did not float. We collect those presents with our hands. – Weight Transfer in Shallow Water; Open Eyes Underwater (Attempted)	
3	We arrive at Marine World. We see a big aquarium! The fish look friendly, so we get into the aquarium with them to see them better (front star). The school of fish has moved; let's push off the side (wall or pool bottom) and glide like the fish, and then add a kick to go farther. – Front Float and Recovery; Front Glide with Kick 2m	
3	We leave the fish and take a present to our friend the polar bear (Instructor). – Front Glide with Kick 2m	
4	We see our friends the sea otters and lie on our backs just like they do. – Back Float and Recovery	
3	Now we are visiting our friends the seals, and we move around just like them. – Back Glide with Kick 2m	
3	Then we visit and talk with the dolphins. – Surface Support 5 sec (Assisted)	
3	Now it is time to go home using the water noodle. – Kick on Front with Buoyant Object 2m	
1	<p>That was a nice visit! We sing, "Old MacDonald Had a Pond" to the tune of "Old MacDonald Had a Farm" and do the song's actions. We end the class with the Salamander poem. – Play and Songs</p> <p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #4



Theme: Journey to the Wise Walrus

Duration: 30 minutes

Story: We are taking a tough journey to the wise walrus to learn about water safety.

Time: _____

Focus: Review of past skills

Equipment: Mats, PFDs/lifejackets, Kickboards, Plastic sinking fish

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. Before we enter the water we review Emergency Procedures. – Facility/Site Orientation and Active Supervision; Stop! Look! Ask! (Find the Adult)	
3	We are going to see the wise old walrus to learn more about the water. Taking our long journey to the wise walrus is going to be tough work. First we need to swim through the river. – Kick on Front with Buoyant Object 2m	
4	Next we need to take a boat (mat) across the lake. We put on PFDs/lifejackets properly and move across the water. – PFD/Lifejacket and Me (Assisted) and HELP	
4	We get out of the boat and have to climb up some big mountains (get out of the pool and walk to chest-deep water, remove PFDs/lifejackets properly, and move across the water). We need to get back into the water quickly; we check to see that it is safe to enter the water, and then we jump off the cliff and into the water. The water is cold so we curl up in a ball to get warm. – Jump into Chest-Deep Water	
3	We start our journey home and glide our way home on our front. – Front Glide with Kick 2m	
3	On our long journey, we want to look for birds up in the sky, so we roll over while gliding and then roll over again from back to front. – Roll-Over Glide, Front to Back, 2m; Roll-Over Glide, Back to Front, 2m	
2	We get lost, so we ask some dolphins for directions, but they don't hear us. We have to ask 5 times. – Rhythmic Breathing 5 Times	
3	We continue our journey home, and it is starting to get late, so we swim home. – Front Swim 2m	
3	On our long journey we get hungry and need to catch some fish to eat. We put our head underwater and open our eyes to see where the fish are so we can catch them. – Open Eyes Underwater (Attempted)	
3	<p>We finally make it to the wise walrus, and he tells us all about the pool rules (the swimmers take turns being the walrus and telling a pool rule). We say our Salamander poem. – Facility/Site Orientation and Active Supervision; Play and Songs</p> <p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #5



Theme: Journey Back From the Wise Walrus

Duration: 30 minutes

Story: We are returning from our journey to the wise walrus.

Time: _____

Focus: Review of past skills

Equipment: PFDs/lifejackets, Plastic sinking fish, Mats

Time (mins)	Activity/Skill	Formation
1	<p>NOTE: Complete a mid-session evaluation (optional).</p> <p>Welcome the swimmers and take attendance.</p>	
3	<p>We had a great trip to visit the wise old walrus yesterday, but now we have to return home. We get into the water and see some seagulls and fish. We tell the seagulls about the new rules we learned and thank the fish for their excellent directions. – Facility/Site Orientation and Active Supervision</p>	
3	<p>We see more fish, but they are in deep water, so we grab our PFD/lifejacket, put it on, and swim out to see them. We wave goodbye to the fish at the bottom of the pool with our hands and our feet. – Surface Support 5 sec (Assisted); PFD/Lifejacket and Me (Assisted) and HELP</p>	
4	<p>Next we need to swim to the edge of the water to climb over the mountains again. (Repeat on front and back.) – Front Glide with Kick 2m; Back Glide with Kick 2m</p>	
4	<p>We get out of the water and have to climb back up the big mountains (get out of the pool and walk to chest-deep water). We need to get back into the water quickly, so we jump off the cliff and into the water after we Stop! Look! Ask! (Find the Adult). – Jump into Chest-Deep Water; Stop! Look! Ask! (Find the Adult)</p>	
3	<p>Next we get chased by some sharks! We need to swim as quickly as possible to shallow water so they can't get us. – Distance Swim 2m</p>	
3	<p>After our fast swim we are tired, so we take a break by resting on our belly and then on our back. – Roll-Over Glide; Front to Back, 2m</p>	
9	<p>Wow, we had a long trip! Now it's time for a long boat ride (mat). Once we get onto our boat we paddle down the river while singing "The Motor on the Boat" to the tune of "The People on the Bus." Our boat trip has ended, so it is time to hook up our boat. Before we go home we take off our PFDs/lifejackets and work on our front swim. Then we say our Salamander poem.</p> <p>– Front Swim 2m; Play and Songs</p> <p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #6



Canadian Red Cross

Theme: Treasure Hunt **Duration:** 30 minutes
Story: We found a treasure map that we are going to follow to find an underwater treasure. **Time:** _____
Focus: Practise propulsion through water in various ways **Equipment:** Sinking coloured fish, Mats, Pennies

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. We discuss current weather conditions and/or local aquatic environments that might be hazardous at this time of year. We identify how to stay safe when in, on, or near the water (e.g., stay away from the edge of bodies of water, such as rivers and streams, etc.; only go to the water's edge when accompanied by an adult; and always wear a PFD/lifejacket when in a boat). – Facility/Site Orientation and Active Supervision	
2	We find a treasure map that might lead us to underwater treasure. But there may be some little surprises along the way! Before we go on our treasure hunt, what do we have to do? (Stop! Look! Ask! for permission). – Stop! Look! Ask! (Find the Adult)	
2	On our way to find the treasure we come across some beautiful coloured fish, so we stop for a closer look. – Open Eyes Underwater (Attempted)	
3	The fish start to swim away, and we want to follow them while still looking at them. – Front Glide with Kick 2m; Open Eyes Underwater (Attempted)	
3	We keep following the map, and it leads us to a huge whale (mat). We climb on top of the whale's back and go for a ride, but the whale gets tired, so we help him out by holding onto his fins and kicking our feet. – Kick on Front with Buoyant Object 2m	
4	We spot the hidden treasure, so we thank the whale, hop off, and swim to the treasure. – Jump into Chest-Deep Water; Distance Swim 2m	
3	We try to open the treasure chest, but it's locked. On the map it says that to unlock the chest, everyone has to turn the key (bodies are the key). – Roll-Over Glide, Front to Back, 2m; Roll-Over Glide, Back to Front, 2m	
4	Inside are shiny, magical gold coins (pennies). The Instructor gets excited and drops the gold coins all over the bottom of the ocean. We need to find them all. – Rhythmic Breathing 5 Times	
4	We manage to collect all of the gold coins and place them back into the treasure chest, but it won't lock. On the map it says that everyone has to do a back glide for the chest to lock back up. – Back Glide with Kick 2m	
3	We are proud that we found the treasure chest, so we sing, "If You're Happy and You Know It" and do the actions. We say the Salamander poem just before we leave. – Play and Songs	
	<p><i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #7



Canadian Red Cross

Theme: Dolly the Dolphin’s Birthday **Duration:** 30 minutes
Story: We want to invite all of our friends to a surprise birthday party for Dolly the Dolphin. **Time:** _____
Focus: Practise floating and gliding **Equipment:** Water noodles, Floating objects, Birthday hats

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance.	
1	It’s Dolly the Dolphin’s birthday, and we want to throw a surprise birthday for her, so we need to invite all of her friends. Who’s a friend, who is always around the pool, whom we should invite? Identify a lifeguard and what they do. – Facility/Site Orientation and Active Supervision	
3	We look for some of Dolly’s fish friends to invite while we are floating on our back in the water. We roll over to see underwater. – Open Eyes Underwater (Attempted); Back Float and Recovery; Roll-Over Glide, Front to Back, 2m	
5	We find the fish, but they’re swimming away, so we swim after them. – Front Glide with Kick 2m	
3	We catch up to the fish and tell them about Dolly’s birthday party. They say they will meet us at the party. Next we are off to find Wally the Whale to invite him. We see him in the distance, so we need to swim quickly (with a water noodle) to catch him. – Kick on Front with Buoyant Object 2m	
3	Wally is very excited and says he’ll be there! We still need to invite Sally the Seagull, and we spot her flying overhead. We glide along in the water and tell Sally of the birthday plans. – Back Glide with Kick 2m	
3	The last one on our list of friends to invite is Dolly’s little brother, Davie. We find Davie jumping in and out of the water, but we can’t seem to get his attention. We jump into the water with Davie and invite him to the party. – Jump into Chest-Deep Water	
3	We need to make a birthday cake for Dolly, so we all put in the ingredients, stir them up, bake the mixture, and put icing on it. We sing, “This Is the Way…” – Play and Songs; Weight Transfer in Shallow Water <i>This is the way we kick our legs, kick our legs, kick our legs. This is the way we kick our legs when learning how to swim. (Repeat and insert other “actions.”)</i>	
3	We all bring a present that floats to give to Dolly. We know she’ll be very happy to get so many! – Buoyant Objects	
2	We all meet in our meeting spot, put on our birthday hats, and swim to our hiding spot. When we get there, we do a front float so she won’t see us. – Surface Support 5 sec (Assisted); Front Float and Recovery	
3	Dolly finally arrives, and we jump out and yell “Surprise!” Dolly is so happy to see everyone. We sing “Happy Birthday” and eat the cake. Afterwards we are full of cake, so we lie on our back to take a nap. We wake up and say the Salamander poem. – Back Float and Recovery; Play and Songs <i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i>	

Red Cross Swim Preschool–Salamander Lesson #8



Theme: Salamanders Go to the Circus **Duration:** 30 minutes
Story: We want to show off our new skills to the audience that has come to see us. **Time:** _____
Focus: To see as many of the swimmers' skills as possible **Equipment:** Mats, PFDs/lifejackets, Water noodles

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. We Stop! Look! Ask! (Find the Adult) before entering the water. – Facility/Site Orientation and Active Supervision; Stop! Look! Ask! (Find the Adult)	
4	The circus called and asked if we had any tricks that we wanted to perform for its show. We're going to travel there by boat, so what do we need to do? After we put on our PFDs/lifejackets, we get on the boat (mat) and paddle to the circus. We exit the boat and show how we can do a HELP float. Then we take off our PFD/lifejacket. – PFD/Lifejacket and Me (Assisted) and HELP	
5	We have finally arrived at the circus. Look at all the people here to watch us! Let's start off by catching a fish in our mouths and then showing it to the audience. Then we set the fish free. – Roll-Over Glide, Front to Back, 2m; Roll-Over Glide, Back to Front, 2m	
3	Next we all do a front float and recovery, followed by a front glide all together, then perform "I'm a Little Teapot" afterwards. – Front Glide with Kick 2m; Play and Songs	
4	Next we all do a back glide and bob back to the wall holding water noodles above our head. – Back Glide with Kick 2m; Rhythmic Breathing 5 Times	
3	We sing "Row, Row, Row Your Boat" and do the actions while walking, hopping, and jumping to chest-deep water. – Play and Songs; Weight Transfer in Shallow Water	
3	We climb onto the pool deck, Stop! Look! Ask! (Find the Adult), yell, "I love the water," and then jump into the pool. – Jump into Chest-Deep Water; Stop! Look! Ask! (Find the Adult)	
3	We swim to shore, working on kicking and moving our arms. – Front Swim 2m; Play and Songs <i>Salamander, Salamander, go so slow, Salamander, Salamander, go so fast, Salamander, Salamander, step on the gas!</i>	
3	Next we form a circle around the Instructor and do bobs, all going up and down at the same time. It is time to say the Salamander poem. – Rhythmic Breathing 5 Times; Play and Songs <i>Salamander, Salamander, turn around, Salamander, Salamander, touch the ground, Salamander, Salamander, touch your toes, Salamander, Salamander, wiggle your nose, Salamander, Salamander, jump up high, Salamander, Salamander, wave goodbye!</i>	

Red Cross Swim Preschool–Salamander Lesson #9



Theme: In Search of the Picnic Basket

Duration: 30 minutes

Story: On the way to the picnic, the picnic basket gets lost.

Time: _____

Focus: Fitness and review of skills in Salamander

Equipment: Floating objects

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance. – Facility/Site Orientation and Active Supervision	
3	Today we are going on a picnic. Everyone needs to bring one item of food and one floating object. We each say what we're going to put in the picnic basket. – Buoyant Objects	
3	We need to take a long swim to the picnic area, so we all get our swimming arms and legs ready! – Kick on Front with Buoyant Object 2m	
4	We've finally made it to the picnic area, but wait! Where did our picnic basket go? We're going to have to search for it. First we look in the sky. – Back Glide with Kick 2m	
4	Next we look in the ocean. – Front Glide with Kick 2m	
3	We check for it in the water and then up high in the air. – Roll-Over Glide, Front to Back, 2m	
3	We still can't find it! We ask our friends the starfish in the chest-deep water. – Surface Support 5 sec (Assisted)	
3	Oh, look, there it is over there in the shallow water! We swim over and get it before it floats away. – Front Swim 2m	
3	Let's eat! Yum, that was good. Now we play with the toys we brought. – Buoyant Objects	
3	<p>There's still a lot of food left over, so we make soup with it. We take all our floating objects and put them in the middle, and then we sing, "Shake, Shake, Shake Your Sillies Out" to stir the soup and do the actions. We hop out and get warm right after we say the Salamander poem. – Play and Songs</p> <p><i>Shake, shake, shake your sillies out, (repeat 2 more times)</i> <i>Wiggle your woggles away!</i> (Change the actions and words, i.e., Kick, kick, kick your sillies out...)</p> <p><i>Salamander, Salamander, turn around,</i> <i>Salamander, Salamander, touch the ground,</i> <i>Salamander, Salamander, touch your toes,</i> <i>Salamander, Salamander, wiggle your nose,</i> <i>Salamander, Salamander, jump up high,</i> <i>Salamander, Salamander, wave goodbye!</i></p>	

Red Cross Swim Preschool–Salamander Lesson #10



Canadian Red Cross

Theme: We're Becoming...

Duration: 30 minutes

Story: We are growing and changing into big, strong fish.

Time: _____

Focus: Introduce some new Sunfish skills and distances for those completing Salamander, but focus on Salamander skills for those remaining in Salamander

Equipment: Water noodles

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance.	
2	Today is going to be filled with lots of fun and new adventures because we are starting to change into fish. Let's review what we know. – Facility/Site Orientation and Active Supervision	
2	We used to play with toys, but now we have fins, so we like to try different things. Since we are such good swimmers, we get right into the water. – Jump into Chest-Deep Water	
4	Now we do some swimming. – Front Swim 2m	
4	On the count of 3, we let go of our water noodle and sing "The Fishy in the Pool" to the tune of "The Farmer in the Dell." Then we grab on to our water noodles again. – Surface Support 5 sec (Assisted)	
4	We see our friend the sea turtle (pretend). We talk to him and listen to his stories about his day. Then we show him how we can do handstands, somersaults, and rolls while in the water. – Rhythmic Breathing 5 Times; Weight Transfer in Shallow Water	
4	We're great! We give our Instructor some fishy fins (one at a time, swim out from the wall, give high fives, and swim back to the wall). – Change Direction in Shallow Water (Sunfish)	
3	On the count of 3, we transform into torpedo fish. We shoot off the wall when we are called. – Front Glide with Kick 2m	
3	We sing, "Shake, Shake" (from Lesson #9) and do the actions. – Play and Songs	
2	Now we're all dizzy, so we think we are backward torpedo fish and shoot out from the wall on our back. – Back Glide with Kick 2m	
1	<p>It's time to go, so we say the Salamander poem. – Play and Songs</p> <p><i>Salamander, Salamander, turn around,</i> <i>Salamander, Salamander, touch the ground,</i> <i>Salamander, Salamander, touch your toes,</i> <i>Salamander, Salamander, wiggle your nose,</i> <i>Salamander, Salamander, jump up high,</i> <i>Salamander, Salamander, wave goodbye!</i></p> <p>Give swimmers their <i>Preschool Progress Booklet</i>. Encourage swimmers to continue to practise their swimming skills.</p>	