

Red Cross Swim Preschool–Sea Otter Lesson #1



Canadian
Red Cross

Theme: Sea Otters' New Adventure

Duration: 30 minutes

Story: Sea Otters are getting wet.

Time: _____

Focus: Screening 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 sea otters (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 while holding the Instructor's hands. Remember to Stop! Look! Ask! (Find the Adult) before entering the water. – Safe Entries and Exits; Stop! Look! Ask! (Find the Adult)	
3	Before we keep looking for the sea otters, we need to get wet. We use sponges and watering cans to get our body, face, and head wet. – Play and Songs	
3	We say hello to the pretend fish and ask them where the sea otters are. We put our face in the water and give the pretend fish some bubbles. – Rhythmic Breathing 3 Times	
4	We think we spot some sea otters at the other side of the pool, so we move over to them by kicking and using water noodles. – Kick on Front with Buoyant Object 1m	
3	We need to follow the seagulls. – Front Glide 3 sec	
3	The seagulls tell us that we are the sea otters. It's time to go home, so we head for shore. – Front Swim 1m (Assisted)	
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 Sea Otter poem. – Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Otter Lesson #2



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

Time (mins)	Activity/Skill	Formation
2	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	
2	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)	
1	Before we go, we tell an adult we are going on a fishing trip. – 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 3 Times	
5	We take a boat (mat) to the best fishing spot. We get in and search for the fish. We see which sea otters can walk, run, hop, kick, float, and swim with our PFDs/lifejackets. – PFD/Lifejacket and Me (Assisted); Front Float and Recovery 3 sec (Assisted)	
3	There are no fish here, so we kick to explore our area before returning. – Kick on Front with Buoyant Object 1m	
1	When we return to shore, we take off our PFDs/lifejackets. We open our eyes underwater to look for fish. – Open Eyes Underwater (Attempted)	
3	While we’re gliding on our backs with a water noodle, we ask the other sea otters if they have seen the fish. – Back Glide 3 sec (Assisted)	
5	We put our water noodles away. Then we pretend to be a jet ski and swim as far as we can. – Distance Swim 1m (Assisted)	
3	<p>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 the Sea Otter poem. – Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Otter Lesson #3



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Theme: A Trip to Marine World

Duration: 30 minutes

Story: Sea Otters visit friends at Marine World.

Time: _____

Focus: Moving through water unassisted

Equipment: Water noodles, Kickboards

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. Ask the swimmers what the lifeguard does. – Facility/ Site Orientation and Active Supervision	
4	It's a long trip to Marine World, so we gas up the car (kickboards or water noodles) and start driving (kicking). – Kick on Front with Buoyant Object 1m	
3	At the stop sign (Instructor), we check underwater to make sure the road is clear before finishing the drive. – Open Eyes Underwater (Attempted)	
3	We arrive at Marine World. We see a big aquarium! The fish looks friendly, so we get into the aquarium with them to see them better (front float). The school of fish has moved; let's push off the side (wall or pool bottom) and glide like the fish. – Front Float and Recovery 3 sec (Assisted); Front Glide 3 sec	
3	We leave the fish and take a present to our friend the polar bear (Instructor). – Front Glide 3 sec	
4	We lie on our backs like sea otters. – Back Float and Recovery 3 sec (Assisted)	
3	Now we are visiting our friends the seals, and we move around just like them. – Back Glide 3 sec (Assisted)	
3	Then we splash into the water like the dolphins and whales. – Safe Entries and Exits	
3	Now it is time to go home. – Kick on Front with Buoyant Object 1m	
2	<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 actions. We end the class with the Sea Otter poem. – Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Otter Lesson #4



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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: Water noodles, 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. – Play and Songs; 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 1m	
4	Next we need to take a boat across the lake. We put on PFDs/lifejackets properly and move across the water. – PFD/Lifejacket and Me (Assisted)	
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). 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. – Safe Entries and Exits	
3	We start our journey home and glide our way home on our front. – Front Glide 3 sec	
3	When we get close to home we remove our PFDs/lifejackets and take a break by resting on our back. – Back Float and Recovery 3 sec (Assisted)	
2	We get lost, so we ask some dolphins for directions, but they don't hear us. We have to ask 3 times. – Rhythmic Breathing 3 Times	
3	We continue our journey home and admire the clouds and sun in the sky, so we do back glides. – Back Glide 3 sec (Assisted)	
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 (children take turns being the walrus and telling a pool rule). We say our Sea Otter poem. – Facility/Site Orientation and Active Supervision; Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Otter Lesson #5



Theme: Journey Back from the Wise Walrus
Story: We are returning from our journey to the wise walrus.
Focus: Review of past skills

Duration: 30 minutes
Time: _____
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 in our last lesson, 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; Play and Songs</p>	
4	<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. – PFD/Lifejacket and Me (Assisted); Open Eyes Underwater (Attempted)</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 3 Sec; Back Glide 3 sec (Assisted)</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 edge and into the water after we Stop! Look! Ask! (Find the Adult). – Safe Entries and Exits; Stop! Look! Ask! (Find the Adult)</p>	
4	<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 1m (Assisted)</p>	
3	<p>After our long swim we are tired, so we take a break by resting on our back. – Back Float and Recovery 3 sec (Assisted)</p>	
7	<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. Let's jump off the boat and swim to shore. Before we go home, we take off our PFDs/lifejackets and say our Sea Otter poem. – Kick on Front with Buoyant Object 1m; Front Swim 1m (Assisted); Play and Songs</p> <p style="padding-left: 40px;"> <i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i> </p>	

Red Cross Swim Preschool–Sea Otter Lesson #6



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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, Kickboards, Mats, Pennies, Sinking toys

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance.	
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! (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 3 sec; 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 1m	
4	We spot the hidden treasure, so we thank the whale, safely slide off, and swim to the treasure. – Safe Entries and Exits; Distance Swim 1m (Assisted)	
3	We try to open the treasure chest, but it's locked. We need to find the key (sinking toy) that's somewhere on the bottom. We have to bob underwater 3 times before we reach the key (Instructor retrieves the key). – Open Eyes Underwater (Attempted); Rhythmic Breathing 3 Times	
5	Inside are shiny, magical gold coins (pennies). We need to keep the coins in a safe spot so we don't lose them. We place them on our belly while we back glide over to the treasure chest. – Back Glide 3 sec (Assisted)	
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 with a water noodle for the chest to lock back up. – Back Glide 3 sec (Assisted)	
3	<p>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 Sea Otter poem just before we leave. – Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Otter 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, Birthday hats

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance.	
3	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	
2	We need to find all of Dolly’s fish friends to invite to the party. They’re probably swimming in the water, but where? – Safe Entries and Exits; Open Eyes Underwater (Attempted)	
3	We find the fish, but they’re swimming away, so we swim after them. – Front Glide 3 sec	
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 to catch him. – Kick on Front with Buoyant Object 1m	
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 about the birthday plans. – Back Glide 3 sec (Assisted)	
3	The last one on our list of friends to invite is Dolly’s little brother, Davie. We find Davie diving in and out of the water, but we can’t seem to get his attention. We need to tell him while he’s in the water and when he’s out of the water. – Rhythmic Breathing 3 Times	
3	We need to make a birthday cake for Dolly, so we all put in the ingredients, stir them up, bake the cake, and put icing on it. We sing, “This Is the Way…” – Play and Songs <i>This is the way we kick our legs, kick our legs, kick our legs This is the way we kick our legs in swimming lesson each day. (Repeat and insert other “actions.”)</i>	
3	We all swim to the party. We know Dolly will be very happy to see all of us! – Front Swim 1m (Assisted)	
3	We all meet in our meeting spot, put on our birthday hats, and swim to our hiding spot. – Front Swim 1m (Assisted)	
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 Sea Otter poem. – Back Float and Recovery 3 sec (Assisted); Play and Songs <i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Otter Lesson #8



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Theme: Sea Otters 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

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. – PFD/Lifejacket and Me (Assisted)	
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 mouth and then showing it to the audience. – Front Glide 3 sec; Back Glide 3 sec (Assisted)	
3	The crowd goes crazy, so we perform "I'm a Little Teapot." After our song, we bow to the crowd. – Rhythmic Breathing 3 Times; Play and Songs	
4	After the show, we're ready to relax. Let's float for a short rest. – Back Float and Recovery 3 sec (Assisted); Front Float and Recovery 3 sec (Assisted)	
3	We sing "Row, Row, Row Your Boat" and do the actions while walking to chest-deep water. – Play and Songs	
3	We climb onto the pool deck, Stop! Look! Ask! (Find the Adult), yell, "I love the water," and then show the crowd how we enter the water. – Stop! Look! Ask! (Find the Adult); Safe Entries and Exits	
3	We walk to shallow water, paddling with our hands and singing "Sea Otter, Sea Otter." – Front Swim 1m (Assisted); Play and Songs <i>Sea Otter, Sea Otter, go so slow, Sea Otter, Sea Otter, go so fast, Sea Otter, Sea Otter, step on the gas!</i>	
3	Next we form a circle with the Instructor and do bobs, all going up and down at the same time. It is time to say the Sea Otter poem. – Rhythmic Breathing 3 Times; Play and Songs <i>Sea Otter, Sea Otter, turn around, Sea Otter, Sea Otter, touch the ground, Sea Otter, Sea Otter, touch your toes, Sea Otter, Sea Otter, wiggle your nose, Sea Otter, Sea Otter, jump up high, Sea Otter, Sea Otter, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Otter Lesson #9



Theme: In Search of the Picnic

Duration: 30 minutes

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

Time: _____

Focus: Fitness and review of skills in Sea Otter

Equipment: Floating objects

Time (mins)	Activity/Skill	Formation
1	Welcome the swimmers and take attendance. – Facility/Site Orientation and Active Supervision	
5	Today we are going on a picnic. Everyone needs to bring one item of food and one floating object to help us get to the picnic. We each say what we’re going to put in the picnic basket. 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 1m	
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 3 sec (Assisted)	
4	Next we look in the ocean. – Front Glide 3 sec	
3	We check under the water several times for our picnic basket. We look in corners and behind rocks. – Rhythmic Breathing 3 Times; Open Eyes Underwater (Attempted)	
3	We still can’t find it! We ask our friends the starfish. They don’t see us, so we float over to them to get their attention. – Front Float and Recovery 3 sec (Assisted)	
3	Oh, look, there it is over there in the shallow water! We swim over and get our basket before it floats away. – Kick on Front with Buoyant Object 1m	
4	We swim back to our picnic area to eat our food. – Front Swim 1m (Assisted)	
3	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 Sea Otter poem. – Play and Songs <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...) <i>Sea Otter, Sea Otter, turn around,</i> <i>Sea Otter, Sea Otter, touch the ground,</i> <i>Sea Otter, Sea Otter, touch your toes,</i> <i>Sea Otter, Sea Otter, wiggle your nose,</i> <i>Sea Otter, Sea Otter, jump up high,</i> <i>Sea Otter, Sea Otter, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Otter Lesson #10



Canadian Red Cross

Theme: We're Becoming...

Duration: 30 minutes

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

Time: _____

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

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 about safety rules. – Facility/Site Orientation and Active Supervision	
2	We used to play with toys, but now we can swim, so we like to try different things. Since we are such good swimmers, we get right into the water. We jump into chest-deep water. – Safe Entries and Exits; Jump into Chest-Deep Water (Salamander)	
4	Now we do some swimming. – Kick on Front with Buoyant Object 2m (Salamander)	
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 noodle again. – Surface Support 5 sec (Assisted) (Salamander)	
3	We see our friend the starfish. We talk to him and listen to his stories about his day. Then we go underwater and stand on the bottom with our hands. – Rhythmic Breathing 5 Times (Salamander); Weight Transfer in Shallow Water (Salamander)	
4	We're great! We swim to our Instructor (one at a time, swim out from the wall, give high fives, and swim back to the wall). – Front Swim 2m (Salamander)	
4	On the count of 3, we transform into torpedo fish. We shoot out from the wall when we are called. – Front Glide with Kick 2m (Salamander)	
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 (Salamander)	
1	<p>It's time to go, so we say the Sea Otter poem. – Play and Songs</p> <p><i>Sea Otter, Sea Otter, turn around,</i> <i>Sea Otter, Sea Otter, touch the ground,</i> <i>Sea Otter, Sea Otter, touch your toes,</i> <i>Sea Otter, Sea Otter, wiggle your nose,</i> <i>Sea Otter, Sea Otter, jump up high,</i> <i>Sea Otter, Sea Otter, wave goodbye!</i></p> <p>Give swimmers their <i>Preschool Progress Booklet</i>. Encourage swimmers to continue to practise their swimming skills.</p>	