

Red Cross Swim Preschool–Sea Turtle Lesson #1



Theme: Making Soup
Story: Today we explore our swimming environment by gathering the ingredients to make swimming soup.
Focus: Entries and exits

Duration: 30 minutes
Time: _____
Equipment: Hoops, Pull-buoys, Balls, Mats, Water noodles, Floating rings

Time (mins)	Activity/Skill	Formation
6	<p>Introduce yourself to the swimmers. Identify where to wait before each lesson and conduct a brief facility/site tour (pointing out shallow water, deep water, safety policies, etc.). Identify Emergency Evacuation Procedures. Discuss active supervision strategies for swimmers who are in or near the water:</p> <ul style="list-style-type: none"> • Always have the swimmer within arm’s reach when in or near the water • Always maintain visual contact with the swimmer when in or near the water • Hold the swimmer’s hand while walking in an aquatic environment <p>– Facility/Site Orientation and Active Supervision</p>	
2	<p>Introduce today’s theme: “Making soup.” Caregivers enter the water first while maintaining physical contact with the swimmer sitting at or near the edge of the pool. Demonstrate how to hold the swimmer for the entry (i.e., hold sides of the swimmer’s body under armpits). When the swimmer enters the water, bring the swimmer close to the caregiver’s body in an upright carrying position.</p> <p>– Entries and Exits (Assisted)</p>	
2	<p>We make the base for the soup by kicking water into the bowl (hoop). – Buoyancy and Movement (Assisted)</p>	
3	<p>We walk and collect apples (balls) to put in our soup. Then we put all of the balls into the soup pot (hoops floating on surface). While swimmers are completing this activity, reinforce to caregivers the various ways to support swimmers: holding their hand, assisting them in water that is chin deep or deeper, staying within arm’s reach. – Shallow Water Movement</p>	
4	<p>We get out of the water to pick mushrooms (pull-buoys). We pick them up and say, “Stop! Look! Ask!” and then jump in the water holding the mushrooms. We put them inside our hoop. – Entries and Exits (Assisted); Stop! Look! Ask! (Find the Adult)</p> <p>Stop! Look! Ask! Teach swimmers that they are not to enter the water until they first stop to look to ensure their caregiver is already in the water. They need to look at their caregiver and make eye contact with them, then ask, “Can I jump in now?” Demonstrate front hold support to the caregivers. Hold the swimmer’s hands and support the swimmer as the swimmer either leans forward from a sitting position or jumps in from a standing position. – Stop! Look! Ask! (Find the Adult)</p>	
4	<p>We pick bananas (water noodles) and swim with them on our front, back to the soup pot. – Basic Kick on Front (Assisted)</p>	
4	<p>We mix everything in the bowl (hoop) and warm it by blowing bubbles. – Introduction to Rhythmic Breathing: Breath Control</p>	
4	<p>We celebrate, putting on our hat (floating ring): we swim under the floating ring and come up with it on our head. Reinforce to the caregivers that our goal is to have the swimmers work toward independence on all skills, but that this level is set up so that the swimmers can be assisted on all items. The swimmers will progress at different rates, based upon a number of factors, and that is expected. – Submersion 3 sec</p>	
1	<p>We sing a song, say the Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted)</p> <p><i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Turtle Lesson #2



Canadian Red Cross

Theme: The Aquarium **Duration:** 30 minutes
Story: We are going to help find a missing sea turtle. **Time:** _____
Focus: Immersion **Equipment:** Kickboards, Mats, Plastic bottles, Laminated messages, Balls, Foam hippos, Hoops, Watering cans, Mirrors

Time (mins)	Activity/Skill	Formation
2	Welcome swimmers and take attendance. Review active supervision strategies (e.g., holding the swimmer's hand when walking in an aquatic environment, having the swimmer within arm's reach and maintaining visual contact with the swimmer when in or near the water). Have the caregivers identify opportunities and strategies to teach the swimmers about safe and unsafe behaviours near water, as well as safe and unsafe areas at the lesson site. We get in the water. Let us learn a pool rule. – Facility/Site Orientation and Active Supervision; Play and Songs; Entries and Exits (Assisted)	
3	We take the car (kickboard) to drive to the aquarium. As the swimmers use the kickboards, have the caregivers keep a hand on the swimmers to provide support. Identify some of the hazards and risks at local aquatic environments. Have caregivers discuss safe behaviour when in and around the water and identify what situations would require contacting EMS/9-1-1. – Kick on Front With Buoyant Object 2m (Assisted)	
3	At the aquarium, the sea turtle keeper is sad because his favourite sea turtle is missing. First we check the sea turtle tank (mat); we look under the water, putting our nose in the water, to try to find the sea turtle. – Submersion 3 sec	
3	We walk around and try to find clues; we put our face in the water and look. We find a plastic bottle with a message in it, which reads "SEAL." – Getting Wet	
3	We imitate the starfish passing by; we float face down and then face up (remind caregivers how to hold their children and do a demonstration). Demonstrate front float support positions relative to each swimmer; some will only need their hands held while others will require either side-by-side or front (armpits or body) support positions. – Front Float and Recovery 3 sec (Assisted)	
3	To find out more information, we go to see the seals and play ball with them: we push the ball with the top of our head. – Shallow Water Movement	
4	The seals tell us to catch a fish: we put our face in the water and catch as many fish (foam hippos) as possible (ask caregivers to hold hippos underwater). Then we bring them back to the side. – Introduction to Rhythmic Breathing: Breath Control	
3	The fish tell us the sea turtle went through the tunnel (hoop), so we swim through the tunnel on our front, putting our face under the water to avoid the fountain (watering can). Swimmers can swim with their face in or out of the water and the caregivers should provide support in the side-by-side position. Encourage the swimmers to use arms and legs in any movements. – Front Swim (Assisted)	
3	To inspect the fish tank, we put on some scuba gear (make a mask by making glasses with our fingers) and look under the water, in a mirror. – Submersion 3 sec	
3	<p>Yay! We hear the sea turtle, so it is time for us to say our Sea Turtle poem, and then we climb out of the water, like sea turtles. – Play and Songs; Entries and Exits (Assisted)</p> <p><i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Turtle Lesson #3



Canadian Red Cross

Theme: Pirates

Duration: 30 minutes

Story: We are pirates trying to find a treasure.

Time: _____

Focus: Orientation in the water

Equipment: Mats, PFDs/lifejackets, Kickboards, Water noodles

Time (mins)	Activity/Skill	Formation
3	Welcome swimmers and take attendance. Review active supervision strategies (e.g., holding the swimmer’s hand when walking in an aquatic environment, having the swimmer within arm’s reach and maintaining visual contact with the swimmer when in or near the water). Stress to caregivers that PFDs/lifejackets do not replace active supervision. – Facility/Site Orientation and Active Supervision	
4	We are going on our ship (mat) as pirates! To be on a boat, what do we need to wear? (PFDs/lifejackets) Let’s put them on before we leave shore! We use our motor (our legs) and kick around. A storm comes, and we get stuck in the rain (splash the boat). – PFD/Lifejacket and Me (Assisted); Entries and Exits (Assisted); Basic Kick on Front (Assisted); Play and Songs	
4	We use the plank on the ship to jump into the water. Before we jump, we Stop! Look! Ask! We jump into the water and then return to the side of the ship, climb out, and repeat 3 or 4 times. – Stop! Look! Ask! (Find the Adult); Entries and Exits (Assisted)	
3	We go for a swim and do front and back glides. – Front and Back Glide and Recovery (Assisted)	
3	We take the rescue boats (kickboards) to a nearby island (destination such as the other wall). – Kick on Front with Buoyant Object 2m (Assisted)	
2	We walk across the island (pool space), telling people, “I am a sea turtle pirate!” while hiding one eye. – Shallow Water Movement	
3	To relax, we do a front sea turtle float and then a back sea turtle float while looking up at the sky. Demonstrate front hold support and back support holds to the caregivers. Assist those caregivers who require more instruction. – Front Float and Recovery 3 sec (Assisted); Back Float and Recovery 3 sec (Assisted)	
3	Some rival pirates have stolen our treasure map and left the island. To catch them, we will ride some sea turtles (water noodles). Give swimmers a treasure map that they can pass to each other. – Play and Songs	
1	We return home (back to the edge), kicking with our treasure map. – Basic Kick on Front (Assisted); Submersion 3 sec	
3	Look! The treasure is right in front of us! We need to do two front floats to open up the treasure chest and look at the treasure. – Front Float and Recovery 3 sec (Assisted); Submersion 3 sec	
1	<p>We sing a song, say our Sea Turtle poem, and then get out of the water. – Play and Songs; Entries and Exit (Assisted)</p> <p style="padding-left: 40px;"> <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i> </p>	

Red Cross Swim Preschool–Sea Turtle Lesson #4



Canadian
Red Cross

Theme: The Sad Clown’s Nose

Duration: 30 minutes

Story: The clown has lost his nose! We need to find it before the show starts!

Time: _____

Focus: Front floats

Equipment: Mats, Water noodles, Hoops, Foam hippos, Rings, Pie plate or ring, Clown nose or red ball

Time (mins)	Activity/Skill	Formation
3	Welcome the swimmers and take attendance. Discuss how to ensure aquatic safety, such as knowing the depth of the water throughout the swimming area and how to establish safety routines for family members when they are near the water. We enter the water by doing a jump into chest-deep water (assisted), but before we do, we Stop! Look! Ask! (Find the Adult). – Jump into Chest-Deep Water (Assisted); Entries and Exits (Assisted); Stop! Look! Ask! (Find the Adult)	
2	We take the bus (mat) to the circus. At the circus, we see a crying clown. He is upset because he has lost his nose. – Kick on Front with Buoyant Object 2m (Assisted)	
2	First we check the trampoline (mat) for the clown’s nose. We lie on the mat and roll into the water. – Entries and Exits (Assisted)	
2	Next we check the cannon (mat with water noodles bridging over it). We climb in and look everywhere. – Entries and Exits (Assisted)	
3	We try out the cannon and get shot over the circus to see better (front glides). – Front and Back Glide and Recovery (Assisted)	
3	Let’s pretend to be acrobats! We do a front star holding onto the water noodle (held horizontally by the Instructor or caregiver). – Front Float and Recovery 3 sec (Assisted)	
3	We look for the nose in the lion’s hoops (swim through hoop). – Front Swim (Assisted)	
3	Next we check the sea turtle’s pen where all the sea turtles swim. We must swim through quietly or else we will wake the sea turtles (foam hippos). We swim around them without touching them. – Front Swim (Assisted)	
3	Oh, they are waking up! Let’s pretend we are turtles too. We float face down and take pictures of the bottom with our camera (ring). – Front Float and Recovery 3 sec (Assisted)	
2	We need a rest from all that work; let’s float on our backs. – Back Float and Recovery 3 sec (Assisted)	
3	Finally, we look in the clown’s pie (aluminum pie plate or a ring) and find the sad clown’s nose! – Submersion 3 sec	
1	We sing a song with different movements, say our Sea Turtle poem, and then get out of the water. – Play and Songs; Entries and Exits (Assisted) <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Turtle Lesson #5



Canadian Red Cross

Theme: A Visit to the Jungle **Duration:** 30 minutes
Story: We explore the jungle and stay out of harm's way! **Time:** _____
Focus: Swimming face down **Equipment:** Water noodles, Kickboards, Foam hippos, PFDs/lifejackets, Mats, Rubber duckies, Balls, Watering can

Time (mins)	Activity/Skill	Formation
	NOTE: Complete a mid-session evaluation (optional).	
2	Welcome the swimmers and take attendance. We get in the water and warm up with the song, "Going on a Lion Hunt." We go over how to check water depth. – Entries and Exits (Assisted)	
3	We take the plane (water noodles) to the jungle (kick our legs on our front). We jump out of the plane because there are too many trees to land the plane. We need to Stop! Look! Ask! (Find the Adult). – Kick on Front with Buoyant Object 2m (Assisted); Jump into Chest-Deep Water and Return (Assisted); Stop! Look! Ask! (Find the Adult)	
3	We find some scooters (kickboard) and ride into the jungle 2m away. – Kick on Front with Buoyant Object 2m (Assisted)	
3	We meet some monkeys (foam hippos) and help them collect bananas (water noodles). – Buoyancy and Movement (Assisted)	
3	We come to a river and meet some friendly turtles. They offer to let us sit on their shells while wearing a PFD/lifejacket to cross the river, and we move our arms to help. – Front Swim (Assisted); PFD/Lifejacket and Me (Assisted)	
4	We go through a mountain tunnel (mat in a tunnel shape), keeping our face in the water. Oh! There is another tunnel; let's try to go through on our back. – Front and Back Glide and Recovery (Assisted)	
3	We get away from some lions (rubber duckies) by kicking our feet as fast as possible. – Basic Kick on Front (Assisted)	
3	We are very hungry. We bring coconuts (balls) with us; we need to push them along with our arms as we swim. – Buoyancy and Movement (Assisted)	
3	Finally, we swim through a waterfall (watering can) to reach the end of the jungle. – Getting Wet	
3	We sing a song with movements, say our Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted) <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Turtle Lesson #6



Canadian Red Cross

Theme: A Voyage into the Future

Duration: 30 minutes

Story: We are taking a trip to the future.

Time: _____

Focus: Back floats and glides

Equipment: Rings, Mats, Foam hippos or sponges

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. After doing Stop! Look! Ask! we enter the water using the ladder or stairs. – Facility/Site Orientation and Active Supervision; Play and Songs; Entries and Exits (Assisted)	
2	We are secret sea turtle agents going to investigate the future. If you accept this mission, do a futuristic dance (move quickly to warm up)! – Shallow Water Movement	
2	We put our ears in the water to listen to the noises of the future in the water and make sure it is safe. – Getting Wet	
4	We get in our time machine (the pool deck). We say the year we want to travel to (e.g., 3008) and jump into the future (pool). – Jump into Chest-Deep Water (Assisted); Stop! Look! Ask! (Find the Adult)	
3	We pick up the pieces of our uniform (rings) and put them on our arms. – Submersion 3 sec	
4	To show off our secret agent uniforms, we do a front float and then a back float. – Front Float and Recovery 3 sec (Assisted); Back Float and Recovery 3 sec (Assisted)	
3	We get in our flying spaceship (mat) to visit the future and kick our feet to make it fly. If we stop, the spaceship may explode! – Kick on Front with Buoyant Object 2m (Assisted)	
4	In the future, everyone walks backward; we imitate them by doing back glides (still wearing our rings). Our second glide is followed by a back star. – Front and Back Glide and Recovery (Assisted)	
3	We really like the future and decide to enjoy it while we are here. We go to a restaurant. We earn some future money (foam hippos) to pay for lunch by washing windows (make bubbles with our face in the water). – Introduction to Rhythmic Breathing: Breath Control	
2	We miss our family, so we get back in our time machine (the pool deck) to go home. We say the year we want to travel to and jump back into the present (pool). – Front Swim (Assisted); Jump into Chest-Deep Water and Return (Assisted); Entries and Exits (Assisted)	
1	<p>We say our Sea Turtle poem and hop out of the water. – Play and Songs; Entries and Exits (Assisted)</p> <p><i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i></p>	

Red Cross Swim Preschool–Sea Turtle Lesson #7



Canadian Red Cross

Theme: Searching for Lost Treasure

Duration: 30 minutes

Story: We are looking for an ancient treasure.

Time: _____

Focus: Swimming on front

Equipment: Mats, Water noodles, Floating rings, Balls, Pull-buoys, Straws

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. Ask the caregivers what questions they should ask when they are at homes and other locations that have swimming pools or water features (e.g., Is there a self-latching, self-closing gate? Can my child/children access the water through an open door?). Identify strategies to keep the swimmers safe when in or near the water. – Facility/Site Orientation and Active Supervision	
2	We are going to a magical place. To get there, we must jump into the water and do a magical dance. – Jump into Chest-Deep Water and Return (Assisted)	
3	We take our magic carpet (mat) to go to the magical land of clouds. – Kick on Front with Buoyant Object 2m (Assisted)	
3	We swim on our front, in a circle, singing “Ring Around the Rosie,” and then we move backward, in a sitting position and kicking our legs, singing the song again. – Shallow Water Movement; Play and Songs	
4	We find ourselves in a secret valley where we can see the clouds. We swim on our back while our caregiver holds our head. – Back Float and Recovery 3 sec (Assisted)	
4	We take a horse (water noodle) into the city and look for clues (pick up floating rings and put them on the end of the water noodle). – Basic Kick on Front (Assisted)	
4	We take the train to the magic fountain, where we say the magic word, “abracadabra.” Magic balls appear, and we play with them. We try pushing them with our nose like a sea turtle or with the top of our head while swimming. – Buoyancy and Movement (Assisted); Front Swim (Assisted)	
3	By looking in the magic balls, we can see that the treasure is hidden in a cave protected by a dragon. We will be brave and go there, crossing a desert with our camels (push a pull-buoy). – Basic Kick on Front (Assisted)	
3	We enter the cave (mat in a tunnel shape) and find the treasure: a magic baton (straw). We bring the magic baton back with us. – Kick on Front with Buoyant Object 2m (Assisted)	
2	We sing a song with movements, say our Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted) <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Turtle Lesson #8



Canadian Red Cross

Theme: A Visit to Mars

Duration: 30 minutes

Story: We are astronauts sent to visit Mars and meet the Martians.

Time: _____

Focus: Front glides

Equipment: Water noodles, Floating toys, Foam hippos, Mats, Balls

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. We get in the water with an assisted feet-first jump. Review Emergency Procedures. – Entries and Exits (Assisted)	
3	Before leaving for Mars, we sing “Twinkle, Twinkle, Little Star” because we’re blasting off into the stars. We wave during the song. – Getting Wet; Play and Songs	
3	Now we pack our bags: we pick up different toys in the water by swimming to them with a water noodle, keeping the ends of the water noodle facing the front to catch the toys ahead of us. – Front Swim (Assisted)	
3	When we are finished packing our bags, we get into our spacesuit by jumping into the water, with arms beside us to properly get in the suit. – Stop! Look! Ask! (Find the Adult); Jump into Chest-Deep Water (Assisted)	
1	We leave in a rocket ship by doing a front glide off the side with a water noodle under our arms. We pick up stars (foam hippos) as souvenirs. – Front and Back Glide and Recovery (Assisted)	
3	We do a back glide to land on Mars (mat) (caregiver holds swimmer’s head during glide). When we are close to the surface, we open up like a star to land gently. – Front and Back Glide and Recovery (Assisted)	
4	We meet a Martian sea turtle, and to become friends with him, we play ball: we get out of the water, throw the ball in, jump in, and get it. – Shallow Water Movement; Stop! Look! Ask! (Find the Adult); Jump into Chest-Deep Water (Assisted)	
3	The Martian likes us and wants to show us his house, so we swim through the tunnel to see it. (Make a tunnel with the mat by pushing it against the wall.) We are so tired that we stop to relax on our back. – Kick on Front with Buoyant Object 2m (Assisted); Back Float and Recovery 3 sec (Assisted)	
3	It is getting late. We do a front glide and go around the stars (foam hippos) to get home. – Front and Back Glide and Recovery (Assisted)	
3	When we get close to Earth, we must do a back glide and open up like a star to land. – Front and Back Glide and Recovery (Assisted); Back Float and Recovery 3 sec (Assisted)	
2	We sing a song, say our Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted) <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Turtle Lesson #9



Canadian
Red Cross

Theme: Oliver the Octopus’s Missing Toy

Duration: 30 minutes

Story: We look for Oliver’s missing toy.

Time: _____

Focus: Front swim

Equipment: Foam hippos, Rings, Sponges, PFDs/lifejackets, Towels, Floating toys

Time (mins)	Activity/Skill	Formation
3	NOTE: Hide one toy per swimmer under a towel on the edge of the pool. Welcome the swimmers and take attendance. We get in the water and warm up. Review pool rules and where the lifeguard is. – Entries and Exits (Assisted)	
3	We knock on Oliver the Octopus’s door to see if he can play with us today. Oliver tells us that he has lost his toy. He last remembers playing with the toy when he was playing with the clowns at his birthday party. We are going to look for Oliver’s toy. We dress up like clowns using a sponge filled with water to make ourselves up. We put on a clown hat (ring) too. – Getting Wet	
3	On the way to the clown’s house, we check under rocks (foam hippos) to look for Oliver’s toy. We lift the hippo and put our face in the water. – Submersion 3 sec	
3	The clown says he does not have it, but he might have seen the magician using it in his magic show. We take a magic carpet ride on our front (swim on our front) to the land of magicians. – Kick on Front with Buoyant Object 2m (Assisted)	
3	We can do magic too! We disappear under the water to impress the magician. He does not have the toy; he says the dragon has it. – Submersion 3 sec; Introduction to Rhythmic Breathing: Breath Control	
5	We put on our PFD/lifejacket and swim gently to the sea turtle’s cave. To get there, we must swim across through the magic forest: each time we see a flower (foam hippo), we put our face in the water. – Front Swim (Assisted); PFD/Lifejacket and Me (Assisted)	
4	We arrive at the cave and tickle the sea turtle (caregiver). Then we jump on his shell (get out of the water and then jump in), being careful not to jump on any toys. – Stop! Look! Ask! (Find the Adult); Jump into Chest-Deep Water and Return (Assisted)	
4	The sea turtle gives up the toy hidden under the towel. We return the toy to Oliver. We take off our PFDs/lifejackets. – Front Swim (Assisted)	
2	We sing a song with movements, say our Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted) <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i>	

Red Cross Swim Preschool–Sea Turtle Lesson #10



Canadian
Red Cross

Theme: Little Red Riding Hood
Story: We are going to visit our grandma.
Focus: Skills review

Duration: 30 minutes
Time: _____
Equipment: Kickboards, Foam hippos, Pull-buoys, Mats, Water noodles, Sponges, Slide

Time (mins)	Activity/Skill	Formation
2	Welcome the swimmers and take attendance. We get in the water and warm up with the “Motorboat” song. – Facility/Site Orientation and Active Supervision; Entries and Exits (Assisted)	
3	We need to bring breakfast to grandma. We start by picking up sea turtle-shaped muffins (foam hippos) and put them in our basket (kickboard). On our way to grandma’s, we blow on them to keep them warm and leave our baskets on the side of the pool. – Submersion 3 sec; Introduction to Rhythmic Breathing: Breath Control	
3	We push off (front glide) to go faster. We make our way through the trees (pull-buoys), trying not to touch them. – Front and Back Glide and Recovery (Assisted)	
3	We arrive at a bridge (mat) and cross over it. – Basic Kick on Front (Assisted)	
3	On the other side of the bridge, we meet a sea turtle and ask, “Where are you going, Mr. Sea Turtle?” The sea turtle (Instructor) replies, “I’m going to tickle you!” and swims after us with a water noodle. We must escape to the side of the pool to be safe. Repeat. – Front Swim (Assisted)	
2	We wash grandma’s house (the side of the pool) with a sponge. – Getting Wet; Shallow Water Movement	
2	We decide to explore the forest to make sure the sea turtle is no longer there. We walk around and put our face in the water to look around. – Submersion 3 sec	
3	We knock on Grandma’s door by getting out of the water and knocking on the pool deck. Then we go in the house by jumping back in. – Stop! Look! Ask! (Find the Adult); Jump into Chest-Deep Water (Assisted)	
4	We see that Grandma is having a nap, so we lie down with her: we do a back glide and then a back star. – Front and Back Glide and Recovery (Assisted); Back Float and Recovery 3 sec (Assisted)	
3	We are relaxed after our nap, so we dance and play with Grandma; we use the slide she has in her backyard. – Entries and Exits (Assisted)	
2	<p>We sing a song, say our Sea Turtle poem, and get out of the water. – Play and Songs; Entries and Exits (Assisted)</p> <p style="padding-left: 40px;"> <i>Sea Turtle, Sea Turtle, turn around, Sea Turtle, Sea Turtle, touch the ground, Sea Turtle, Sea Turtle, touch your nose, Sea Turtle, Sea Turtle, wiggle your toes, Sea Turtle, Sea Turtle, arms up high, Sea Turtle, Sea Turtle, wave goodbye!</i> </p> <p>Give swimmers their <i>Preschool Progress Booklet</i> and encourage caregivers to register their children for more swimming lessons.</p>	