# Red Cross Swim Kids 1
## Lesson #1

Duration: 30 minutes  
Time: ____________________  
Equipment: Water noodles, floating objects (e.g., sponges, letters), balls or boats, kickboards

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<tr>
<th>Time (mins)</th>
<th>Activity/Skill</th>
<th>Formation</th>
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<tbody>
<tr>
<td>3</td>
<td><strong>Skills and Water Safety</strong></td>
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<tr>
<td></td>
<td>Site/Facility Orientation</td>
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<tr>
<td></td>
<td>- Choo Choo Train (see page 2)</td>
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<tr>
<td>2</td>
<td><strong>Warm-Up</strong></td>
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<tr>
<td></td>
<td>Shallow Water Entries and Exits</td>
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<tr>
<td></td>
<td>- Boa Constrictor (see page 2)</td>
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<tr>
<td>20</td>
<td><strong>Strokes and Drills</strong></td>
<td></td>
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<tr>
<td></td>
<td>Submerge Head</td>
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<tr>
<td></td>
<td>- Have swimmers wash face, behind ears, and under chin, and dunk head to rinse – 3 times</td>
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<td></td>
<td>- Exhale through Mouth and/or Nose – 3 times</td>
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<td></td>
<td>- Blow bubbles to push an object (e.g., ball, boat) through the water</td>
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<tr>
<td></td>
<td>Front Float and Recovery 3 sec – 2 times</td>
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<td></td>
<td>- Encourage swimmers to relax and exhale underwater</td>
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<tr>
<td></td>
<td>Front Float and Recovery 3 sec – 3 times</td>
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<tr>
<td></td>
<td>- Encourage swimmers to relax and hold floats as long as possible</td>
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<tr>
<td></td>
<td>Front Glide 5 sec – 3 times</td>
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<td></td>
<td>- Encourage swimmers to relax and exhale underwater</td>
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<td></td>
<td>Back Float and Recovery 3 sec – 3 times</td>
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<td></td>
<td>Back Glide 5 sec – 2 times</td>
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<tr>
<td></td>
<td>- Encourage swimmers to relax with head back</td>
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<td></td>
<td>Back Glide 5 sec – 2 times</td>
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<tr>
<td></td>
<td>- Encourage swimmers to relax with head back, tummy up</td>
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<tr>
<td></td>
<td>Kicking on Wall – Motorboat (see page 2) – 5 times</td>
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<tr>
<td></td>
<td>- Encourage swimmers to exhale underwater</td>
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<tr>
<td></td>
<td>Rhythmic Breathing 5 Times</td>
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<td>5</td>
<td><strong>Fitness Activities</strong></td>
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<tr>
<td></td>
<td>Flutter Kick 5m (Assisted)</td>
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<tr>
<td></td>
<td>- Encourage exhaling and making “bubbles” with feet</td>
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<tr>
<td></td>
<td>Kicking out to floating objects (e.g., sponges, letters) and bringing them back – 5m</td>
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<tr>
<td></td>
<td>- May use water noodle or kickboard</td>
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<tr>
<td></td>
<td>- Encourage exhaling underwater</td>
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</tbody>
</table>
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes.skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Choo Choo Train
Purpose: Facility/site orientation
Safety supervision: In large facilities/sites, choose a section of the facility/site to tour. Make sure you maintain visual contact with the entire class.
Description:
1. Form a line with swimmers.
2. Designate 1 swimmer as an engine and 1 as a caboose.
3. Tour the site and point out important features, such as emergency exits, drop-offs, shallow end, deep end, etc.
Variations: Bus tour, airplanes, motorcycles

Boa Constrictor
Purpose: Introduction to shallow water entries and exits
Description:
1. Swimmers sit at the edge of the pool with feet outstretched but not touching the water.
2. Explain that the water is a boa constrictor that will gradually eat them up. (CAUTION: Don’t scare the swimmers with the idea of snakes.)
3. Sing the following song/chant together as swimmers slowly enter the water.

   Chorus:
   I’m being eaten by a boa constrictor
   I’m being eaten by a boa constrictor
   I’m being eaten by a boa constrictor
   And I don’t like it very much

1st: Oh no, he’s got my toe (repeat chorus)
2nd: Oh no, he’s got my knee (repeat 1st and chorus)
3rd: Oh no, he’s got my thigh (repeat 2nd, 1st, and chorus)
4th: Oh no, he’s got my middle (etc.)
5th: Oh no, he’s got my arm
6th: Oh no, he’s got my neck
7th: Oh no, he’s got my head

Motorboat
Purpose: Reinforce flutter kick
Description:
1. Have swimmers hold on to the wall or a kickboard.
2. While you chant the rhyme, swimmers do the appropriate action:

   Motorboat, motorboat, kick so slow (kick slow)
   Motorboat, motorboat, kick so fast (kick fast)
   Motorboat, motorboat, step on the gas (kick with splash)
   Motorboat, motorboat, run out of gas (stop kick)

3. Make sure the kicking motion is up and down and the body position approaches horizontal.
## Red Cross Swim Kids 1
### Lesson #2

**Duration:** 30 minutes  
**Time:** ____________________  
**Equipment:** Water noodles

<table>
<thead>
<tr>
<th>Time (mins)</th>
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<th>Formation</th>
</tr>
</thead>
</table>
| 2 | **Skills and Water Safety**  
  Supervision  
  - The Listening Game (see page 2) | |
| 1 | **Warm-Up**  
  Shallow Water Entries and Exits  
  - Sand Monsters – Waterfront Environments (see page 2)  
  - Log-Rolls (see page 2) | |
| 2 | **Skills and Water Safety**  
  Submerge Head  
  - Bubble Cookies (see page 2) | |
| 21 | **Strokes and Drills**  
  - Work on each drill until each swimmer achieves the objectives for the day  
  Rhythmic Breathing 5 Times  
  Front Float and Recovery 3 sec  
  - Use water noodles to assist if required  
  - Swimmers pretend to be pieces of licorice, jellybeans, or airplanes  
  Back Float and Recovery 3 sec  
  - Otter Float: swimmers put sunscreen on their tummy and float on their back like an otter (ask why we put on sunscreen)  
  Front Glide with Kick 5m  
  Roll-Over Glides 5 sec (Assisted)  
  Front Swim 5m  
  - Turning Torpedo Glides  
  - Encourage swimmers to put their face in the water, move arms, kick feet | |
| 4 | **Fitness Activities**  
  Distance Swim 5m (front or back)  
  - Record the personal best distance for each swimmer  
  Flutter Kick 5m (Assisted)  
  - Encourage swimmers to put their face in the water and kick as fast as they can  
  - Work on having legs long for flutter kick | |
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

The Listening Game
Purpose: Encourage swimmers to listen to directions
Description:
1. Give a series of directions very quickly to swimmers (e.g., stand up, sit down, blow bubbles, wash face, wiggle in the water).
2. Challenge them to follow your directions.
3. Have swimmers identify 3 safety rules when in and around the water:
   • Wait for an adult to enter the water first.
   • Wait for permission to enter the water.
   • Stay away from the water’s edge if there is no adult supervision.

Sand Monsters—Waterfront Environments
Purpose: Practise entries and exits
Description:
1. Swimmers splash water on themselves.
2. After they are wet, swimmers go back to shore and roll in the dry sand to become “sand monsters.”
3. The sand monsters return to the water, making scary noises and gestures to rinse off.

Log-Rolls
Description:
1. Swimmers enter the water from a horizontal position, like a log rolling into the water. Provide assistance for those swimmers who require it.

Bubble Cookies
Purpose: Submerge face and head
Description
1. Each swimmer takes a turn going underwater and blows out as many cookies (bubbles) as possible.
2. The other children try to “eat up” the bubble cookies above water.
### Red Cross Swim Kids 1

**Lesson #3**

**Duration:** 30 minutes  
**Time:** ________________  
**Equipment:** Boats, balls, water noodles, floating rings or ice cream lids, kickboards

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<thead>
<tr>
<th>Time (mins)</th>
<th>Activity/Skill</th>
<th>Formation</th>
</tr>
</thead>
</table>
| 1 | **Skills and Water Safety**  
 Shallow Water Entries and Exits  
 - Tall Tree (see page 2) |   |
| 23 | **Strokes and Drills**  
 Rhythmic Breathing 5 Times  
 - In partners, have swimmers wave at each other as they exhale underwater  
 - Blow bubbles to push a floating object (e.g., boats, balls) – 2 times  
 - Halo – 5 times (see page 2)  
 Front Float and Recovery 3 sec  
 Rhythmic Breathing 5 Times  
 - Buddy Bobbing  
   - If swimmers can touch the bottom, have each partner hold on to different ends of a water noodle and take turns bobbing up and down (and exhaling underwater) as if on a teeter-totter  
 Front Glide 5 sec  
 Front Glide with Kick 5m – 2 times  
 - Using water noodle  
 - Encourage swimmers to put their face in the water  
 Back Float and Recovery 3 sec  
 Back Glide 5 sec  
 Front Swim 5m  
 - Encourage swimmers to put their face in the water, blow bubbles, do any arm action  
 Roll-Over Glides 5 sec (Assisted)  
 - Swimmers exhale when their face is underwater |   |
| 3 | **Skills and Water Safety**  
 London Bridge (see page 2) |   |
| 3 | **Fitness Activity**  
 Flutter Kick 5m (Assisted)  
 - Start slow and then speed up, slow down, and speed up (vary speeds)  
 - Use kickboard or water noodle |   |
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Tall Tree
Purpose: Practise entries
Description:
1. Swimmers stand on deck with outstretched arms and sway.
2. You are the lumberjack who cuts the trees down, saying “5, 4, 3, 2, 1…timber!” One at a time you “cut” down a swimmer.
3. When you say “timber,” the swimmers enter the water.
4. Safety supervision—Remind swimmers that they need permission to jump into the water, and that’s when you give them permission; make sure they enter one at a time.

Halo
Purpose: Submerge face and head
Description:
1. Throw floating halos (e.g., rings, ice cream lids) into shallow water.
2. Have swimmers submerge and try to come back up with a halo around their head.
3. Challenge swimmers not to use their hands.
4. Emphasize a lot of bubbles.
5. Have them repeat 5 times.

Variation: Hats

London Bridge
Purpose: Move through water
Description:
1. Swimmers stand in the shallow end in 2 rows, facing one another.
2. Swimmers use water noodles to form an arch between the 2 rows.
3. Sing “London Bridge” as swimmers take turns going under the bridge.
4. Each swimmer has to identify the safe areas to swim and the safety rules for the facility/site before going under the bridge.
Red Cross Swim Kids 1
Lesson #4

Duration: 30 minutes
Time: ___________________
Equipment: Water noodles

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<tbody>
<tr>
<td>2</td>
<td><strong>Skills and Water Safety</strong></td>
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<tr>
<td></td>
<td>Shallow Water Entries and Exits</td>
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<tr>
<td></td>
<td>- Clown Suit (see page 2)</td>
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<tr>
<td>2</td>
<td><strong>Warm-Up</strong></td>
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<td></td>
<td>Wheels on the Bus (see page 2)</td>
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<tr>
<td>22</td>
<td><strong>Strokes and Drills</strong></td>
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<tr>
<td></td>
<td>Flutter Kick 5m (Assisted)</td>
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<td></td>
<td>Front Float and Recovery 3 sec</td>
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<td></td>
<td>Front Glide 5 sec</td>
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<td></td>
<td>Back Float and Recovery 3 sec</td>
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<td></td>
<td>Back Glide 5 sec</td>
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<tr>
<td></td>
<td>- Rubber Band Person (see page 2) – 3 times</td>
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<td></td>
<td>Roll-Over Glides 5 sec (Assisted)</td>
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<td></td>
<td>- Swimmers pretend to be logs rolling down the river</td>
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<td></td>
<td>Front Swim 5m</td>
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<td></td>
<td>- Encourage swimmers to put their face in the water, kick feet, move arms</td>
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<td></td>
<td>- Encourage swimmers to move 5m each time through the water without stopping</td>
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<td></td>
<td>Front Glide with Kick 5m</td>
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<td></td>
<td>- Using water noodle – Rubber Band Person (see page 2) – 2 times</td>
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<tr>
<td>4</td>
<td><strong>Fitness Activity</strong></td>
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<td></td>
<td>Distance Swim 5m (front or back) – 2 times</td>
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<td></td>
<td>- Encourage any combination of arm/leg movement</td>
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<td>- Encourage swimmers to swim as far as they can</td>
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<td>- Record the personal best distance for each swimmer</td>
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</table>
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Clown Suit
Purpose: Practise entries
Description:
1. Swimmers sit at the edge of the pool and pretend the water is a clown suit.
2. Swimmers put on each piece of clown clothing, including paint, hair, and a red nose.
3. When they are “dressed,” they stand up and enter the water to step into the circus ring.

Wheels on the Bus
Purpose: Practise bobbing
Description:
1. Swimmers stand in a circle in the shallow end.
2. As you sing the following song together, they perform the actions:
   
The wheels on the bus go round and round
The wheels on the bus go round and round
The wheels on the bus go round and round
All through the town.
The people on the bus go up and down (go up and down)
The people on the bus go up and down (go underwater on word “down”)
The people on the bus go up and down
All through the town.

The wipers on the bus go back and forth (go from side to side)
The people on the bus say “Faster, please” (go faster)

Variation: Use boat instead of bus; add horn, doors open and shut, lights, motor goes vroom; blow bubbles

Rubber Band Person
Purpose: Practise front and back glides assisted
Description:
1. Swimmers hold on to the edge of the pool in preparation for a front/back glide with a water noodle under their arms.
2. Tell them they are going to stretch out like rubber bands until they move away from the edge while holding the water noodle in their hands.
Red Cross Swim Kids 1
Lesson #5

Duration: 30 minutes
Time: ___________________
Equipment: Water noodles, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

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<thead>
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<tbody>
<tr>
<td><strong>9</strong></td>
<td><strong>Skills and Water Safety</strong></td>
</tr>
<tr>
<td></td>
<td>Local Swimming Conditions and Hazards (see page 2)</td>
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<tr>
<td></td>
<td>Shallow Water Entries and Exits and Supervision</td>
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<tr>
<td></td>
<td>- Flowers:</td>
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<td>- Line each swimmer along the edge of the water.</td>
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<td>- Ask swimmers to pretend to grow as a flower, starting as small seeds.</td>
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<td>- You are the gardener; splash water on them and use your hands to symbolize sunlight.</td>
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<td>- When the swimmers grow long and tall, they ask to be “picked” and then ask for permission to enter the pool. Help each swimmer jump in or enter the water.</td>
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<td>- Remind swimmers that no one enters the pool without your permission.</td>
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<td></td>
<td>Exhale through Mouth and/or Nose</td>
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<tr>
<td></td>
<td>- Animal Sounds (see page 2) – 5 times</td>
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<tr>
<td><strong>16</strong></td>
<td><strong>Strokes and Drills</strong></td>
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<tr>
<td></td>
<td>Back Float and Recovery 3 sec</td>
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<td>Back Glide 5 sec</td>
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<td>Front Swim 5m</td>
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<td>Roll-Over Glides 5 sec (Assisted)</td>
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<td><strong>5</strong></td>
<td><strong>Fitness Activity</strong></td>
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<td></td>
<td>Flutter Kick 5m (Assisted)</td>
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</tbody>
</table>

NOTE: Complete a mid-session evaluation (optional).
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Local Swimming Conditions and Hazards
Purpose: Create awareness about local safe and unsafe swimming conditions and environmental hazards (e.g., spring melt that can result in high water, cold water, changes in water depth and sudden drop-offs, unsafe jumping/diving locations, etc.) and identify Prepare! Stay Safe! Survive! strategies

Description:
1. Ask swimmers to identify local water hazards and the conditions that make them hazardous at this time of year (provide pictures if available).
2. Create a safety strategy with swimmers on how to avoid being at risk in these conditions and locations. Have swimmers identify what they need to know and do to prepare, stay safe, and also survive if at risk in these locations. Instruct swimmers to share this safety information with their family members.

Animal Sounds
Purpose: Teach exhaling through the mouth

Description:
1. Swimmers choose an animal and practise their animal sound above water.
2. Swimmers submerge and make their animal sound underwater.

Variations: Spooky noises, funny noises, laughing, singing, whistling, or blowing out birthday candles
Red Cross Swim Kids 1
Lesson #6

Duration: 30 minutes
Time: ________________
Equipment: Weighted objects, kickboards

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</table>
| 4           | **Skills and Water Safety**  
Supervision and Facility/Site Orientation  
- Salmon Says (see page 2)  
Shallow Water Entries and Exits  
- Popcorn (see page 2) |          |
| 16          | **Strokes and Drills**  
Rhythmic Breathing 5 Times  
Front Swim 5m  
Front Float and Recovery 3 sec  
Front Glide with Kick 5m  
- Big and Bigger (see page 2)  
Back Glide 5 sec  
Back Float and Recovery 3 sec  
Roll-Over Glides 5 sec (Assisted) |          |
| 5           | **Skills and Water Safety**  
Shallow Water Entries and Exits and Submerge Head  
- Pick up weighted objects off the bottom (use ramp area if pool is too deep) and bring back to wall – 3 times  
Rhythmic Breathing 5 Times |          |
| 5           | **Fitness Activities**  
Distance Swim 5m  
- Doggie Swim: dog paddle, face in water; swimmers bark underwater  
- Record the personal best distance for each swimmer  
Flutter Kick 5m (Assisted)  
- Crocodile Game: you pretend to be a crocodile snapping at the swimmers’ toes as they kick, using a kickboard |          |
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Salmon Says
Purpose: Waiting for permission to enter water, listening in class
Description:
1. Explain that if swimmers hear you say “Salmon says,” they should follow your directions. If they don’t hear “Salmon says,” they should stay in place.
2. Give swimmers a variety of directions, including permission to enter the water.
3. Emphasize that they must always have permission to enter the water and join the line on the deck ready to go again.

Popcorn
Purpose: Practise entries
Description:
1. Swimmers stand shoulder to shoulder along the deck. The swimmer at one end of the line yells “Pop” and jumps in the water.
2. The next swimmer yells “Pop” and jumps in, and so on down the line.
3. Swimmers move through the water. They go back to the side and exit the water.

Big and Bigger
Purpose: Introduce flutter kick for front glides
Description:
1. Review front glides.
2. Have swimmers do small kicks at the end of each glide. Tell them this is their motor.
3. Ask them to increase the power in the motor (big kicks) and then decrease the power (small kicks).
4. Have swimmers determine the kick that is easy to do and moves them forward.
**Red Cross Swim Kids 1**  
**Lesson #7**

**Duration:** 30 minutes  
**Time:** ___________________  
**Equipment:** Floating objects, socks for each swimmer, kickboards

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<thead>
<tr>
<th>Time (mins)</th>
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</table>
| 5           | **Skills and Water Safety**  
Shallow Water Entries and Exits  
- Speckled Frogs (see page 2)  
Exhale through Mouth and/or Nose – 2 times  
- Push floating object through water, blow bubbles |
| 20          | **Strokes and Drills**  
Front Float and Recovery 3 sec  
Front Glide 5 sec  
- Torpedo Targets (see page 2) – 3 times  
- Blast Off (see page 2) – 3 times  
Back Float and Recovery 3 sec  
Back Glide 5 sec  
- Torpedo Targets (see page 2) – 3 times  
Front Swim 5m  
- Swimmers exhale underwater  
- Swimmers use arms and legs for propulsion |
| 5           | **Fitness Activities**  
Distance Swim 5m (Front or Back)  
Flutter Kick 5m (Assisted)  
- Sock Swim 5m (see page 2) – 2 times  
- Record the personal best distance for each swimmer |
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Speckled Frogs
Purpose: Practise entries

Description:
1. Ask the swimmers to crouch in a frog position on the side of the pool.
2. Sing the following song, adapting the number of frogs in the song to the number of swimmers:
   
   Three green and speckled frogs sat on a speckled log
   Eating some most delicious bugs – Yum! Yum!
   One jumped into the pool, where it was nice and cool
   Now there are two green speckled frogs.

3. As you sing “jumped,” the first swimmer in line jumps into the water.
4. Continue until all the swimmers are in the water.

Torpedo Targets
Purpose: Practise front glides, back glides

Description:
1. Ask swimmers to pretend they are torpedoes from a submarine.
2. Hold a kickboard underwater about 2m away as a target.
3. Have swimmers push off from the edge or bottom of the pool and glide to the target.
4. Have swimmers glide on their side or back while watching out for torpedoes.

Blast Off
Purpose: Practise front glide with kick

Description:
1. Have swimmers stand in shallow water at the wall.
2. Tell swimmers they are rocket ships and you are a planet or star, which the rocket ships want to explore.
3. Together you all count down, and after everyone yells “Blast off!” the ships blast off toward you.
4. Have swimmers move toward you in a glide formation on their back or front, either individually or together.
5. Add a flutter kick to the glides for rocket “booster power.”

Sock Swim
Purpose: Develop basic flutter kick

Description:
1. Give swimmers socks to put on their feet.
2. Have swimmers hold on to a kickboard.
3. Tell them to try to kick their socks off their feet.
4. Emphasize straight legs and pointed toes.
5. Have swimmers kick from their hips, not their knees.

Variation: Fins
Red Cross Swim Kids 1
Lesson #8

Duration: 30 minutes
Time: ________________
Equipment: Hoop, weighted objects, straws, Ping-Pong balls, kickboards

<table>
<thead>
<tr>
<th>Time (mins)</th>
<th>Activity/Skill</th>
<th>Formation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Warm-Up</td>
<td></td>
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<tr>
<td></td>
<td>Swim to the Treasure (see page 2)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Skills and Water Safety</td>
<td></td>
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<tr>
<td></td>
<td>Supervision</td>
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<tr>
<td></td>
<td>- Buddy Lesson (see page 2)</td>
<td></td>
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<tr>
<td></td>
<td>Work on skills requiring further development</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Strokes and Drills</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rhythmic Breathing 5 Times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Blowing Race (see page 2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Front Float and Recovery 3 sec</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Back Float and Recovery 3 sec</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Front Glide with Kick 5m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- With kickboard – 3 times</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roll-Over Glides 5 sec (Assisted)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Spinning Spaceships</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Front Swim 5m</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Fitness Activity</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flutter Kick 5m (Assisted)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Encourage swimmers to stretch their arms forward as they are kicking, while using kickboards</td>
<td></td>
</tr>
</tbody>
</table>
TEACHING TIP:
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

Swim to the Treasure
Purpose: Move through water

Description:
1. Place weighted objects on the floor of the shallow end.
2. Ask swimmers to line up at the edge of the pool.
3. Hold a hoop in the water between the swimmers and the weighted objects.
4. Swimmers take turns moving through the hoop to the sunken treasure, picking an item off the bottom, and returning to the edge.

Buddy Lesson
Purpose: State the importance of adult supervision when you are with a buddy

Description:
1. Have swimmers spend the class with a partner.
2. At the end of the class, ask the swimmers what their buddy did for them.
3. Ask the swimmers what you, the Instructor, did for them. Emphasize your safety supervision role (and that of other adults). Emphasize the importance of having a buddy and adult supervision.

Blowing Race
Purpose: Practise rhythmic breathing

Description:
1. Have swimmers form 2 lines.
2. Give each swimmer a straw and a Ping-Pong ball.
3. On your signal, swimmers in line 1 blow through their straws to move the balls across the pool. Then the next line goes.
4. Repeat using no straw; instead, swimmers blow bubbles to move the Ping-Pong balls.
# Red Cross Swim Kids 1
## Lesson #9

**Duration:** 30 minutes  
**Time:** ___________________  
**Equipment:** Water noodles, floating objects

<table>
<thead>
<tr>
<th>Time (mins)</th>
<th>Activity/Skill</th>
<th>Formation</th>
</tr>
</thead>
</table>
| 3 | **Skills and Water Safety**  
Shallow Water Entries and Exits – ______ Be Nimble [insert swimmer’s name] (see page 2)  
Work on skills requiring further development | |
| 22 | **Strokes and Drills**  
Rhythmic Breathing 5 Times  
- Challenge swimmers to see who can blow the biggest bubbles, most bubbles, loudest bubbles, etc.  
Front Float and Recovery 3 sec  
Back Float and Recovery 3 sec  
Front Glide 5 sec  
Back Glide 5 sec  
Roll-Over Glides 5 sec (Assisted)  
Front Glide with Kick 5m  
Front Swim 5m  
Submerge Head  
- She’ll Be Coming ’Round the Fountain (see page 2)  
- Focus on good flutter kick and exhaling underwater | |
| 5 | **Fitness Activities**  
Distance Swim 5m  
- Record the personal best distance for each swimmer  
- Gather the Objects (see page 2)  
Motorboat Kick  
- Swimmers kick like a motorboat fast or slow on Instructor’s command | |
**TEACHING TIP:**
Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.

—- Be Nimble
[________ would be the Instructor saying the swimmer’s name]

**Purpose:** Practise entries

**Description:**
1. Shout out _______be nimble, _______be cool, _______ jump into the swimming pool!
2. Swimmers jump one at a time into the water.

**She’ll Be Coming ’Round the Fountain**

**Purpose:** Submerge face and head

**Description:**
1. Have swimmers stand in a circle in the shallow end.
2. Sing the following song together (to the tune of “She’ll Be Coming ’Round the Mountain”) while swimmers perform the appropriate actions:
   - She’ll be blowing big, loud bubbles when we swim (blow bubbles)
   - She’ll be blowing big, loud bubbles (2×)
   - She’ll be blowing big, loud bubbles when we swim! (blow bubbles)
   - She’ll be going underwater when we stop (go underwater)
   - She’ll be going underwater (2×)
   - She’ll be going underwater when we stop (go underwater)

**Gather the Objects**

**Purpose:** Practise kicking

**Description:**
1. Dump a bucket of floating objects (e.g., Ping-Pong balls, sponges) into the shallow end.
2. Have swimmers use water noodles to kick their way to the floating objects.
3. Swimmers pick up 1 object and kick back to the Instructor to put the object in the bucket.
4. Repeat, throwing the objects farther across the pool.
## Red Cross Swim Kids 1
### Lesson #10

**Duration:** 30 minutes  
**Time:** ________________  
**Equipment:** Drawing of pool, weighted objects, hoop

<table>
<thead>
<tr>
<th>Time (mins)</th>
<th>Activity/Skill</th>
</tr>
</thead>
</table>
| 9 | Skills and Water Safety  
  - Review Facility/Site Orientation  
  - Show swimmers drawing of the pool and ask each swimmer to point to each location you call out (e.g., shallow end, deep end, drop-off, phone)  
  - Shallow Water Entries and Exits  
  - Swimmers jump in 6 times, each time as a different hero or character from stories  
  - Submerge Head  
  - Swimmers walk underwater as if they are walking on the bottom of the ocean, looking for fish; place objects on the bottom for them to find  
  - Exhale through Mouth and/or Nose  
  - Have swimmers blow bubbles to stir the chocolate milk  
   |
| 17 | Strokes and Drills  
  - Front Float and Recovery 3 sec  
  - Back Float and Recovery 3 sec  
  - Roll-Over Glides 5 sec (Assisted)  
  - Rhythmic Breathing 5 Times  
  - Front Glide 5 sec  
  - Back Glide 5 sec  
  - Back Glide with Kick 5m  
  - Follow the Leader (see page 2)  
  - Swim to the Treasures (see page 2)  
   |
| 3 | Fitness Activity  
  - Distance Swim 5m  
   |
| 1 | Evaluation Records  
  - Hand out a progress card to all swimmers and a completion badge (recognition item) to swimmers who have successfully completed all performance criteria in RCSK 1.  
  - Hand out Personal Best Fitness stickers (awarded for distance achieved).  
  - Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.  
   |

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**Follow the Leader**

Purpose: Skill review

Description:
1. Lead the group to various parts of the pool.
2. At each stop ask swimmers to perform a specific skill they've learned.

**Swim to the Treasures**

Purpose: Move through water

Description:
1. Place weighted objects on the floor of the shallow end.
2. Ask swimmers to line up at the edge of the pool.
3. Hold a hoop or wombler in the water between the swimmers and the weighted objects.
4. Swimmers take turns moving through the hoop to the sunken treasure, picking an item off the bottom, and returning to the edge.

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**TEACHING TIP:**

Remember the 3X (GST) rule when teaching strokes/skills.
Do General corrections after entire group attempts item, then give Specific corrections for each swimmer. Follow with Try it again and apply corrections.