

Red Cross Swim Kids 10

Lesson #1



Duration: 45 minutes

Time: _____

Equipment: Water noodles

Time (mins)	Activity/Skill	Formation
3	<p>Warm-Up</p> <p>Stride Entry</p> <ul style="list-style-type: none"> - 1 Width Front Crawl, Climb Out - 5 Jumping Jacks - Dive, Return <p>Travelling Eggbeater (see page 2)</p> <ul style="list-style-type: none"> - With legs only, change direction as you call Port/Starboard/Bow/Stern - Swimmers give unwise choices that cause drowning 	
20	<p>Strokes and Drills</p> <p><i>Screen swimmers for RCSK 9 skills</i></p> <p>Front Crawl 100m</p> <p>Elementary Back Stroke 50m</p> <p>Back Crawl 100m</p> <p>Breast Stroke 25m</p>	
17	<p>Fitness Activities</p> <p><i>Introduction to new RCSK 10 skills</i></p> <p>Dolphin Kick (Vertical) 3 × 10 sec</p> <ul style="list-style-type: none"> - In Deep Water <p>Sidestroke 25m</p> <ul style="list-style-type: none"> - Sidestroke Arms with Flutter Kick 15m (see page 2) – 4 times - Scissor Kick on Side with Water Noodle 15m (see page 2) – 4 times 	
5	<p>Skills and Water Safety</p> <p>Feet-/Head-First Surface Dives with Underwater Swim 2m</p> <ul style="list-style-type: none"> - Octopus (see page 2) 	

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Lesson #1



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.

Travelling Eggbeater

Description:

1. Swimmers perform the eggbeater kick with their arms and hands out of the water while travelling either forward, backward, or to the side.
2. Encourage swimmers to lean their body in the direction that they are travelling.

Sidestroke Arms with Flutter Kick

Description:

1. Swimmers practise the proper sidestroke arm pull with a minimal flutter kick to help them maintain a horizontal sidestroke position in the water.
2. This allows swimmers to focus only on the proper arm pull for the sidestroke without worrying about the kick.

Scissor Kick on Side with Water Noodle

Description:

1. Swimmers perform the proper scissor kick or inverted scissor kick on their side while keeping their arms stationary in the side glide position.
2. Swimmers hold on to a water noodle (one hand at each end) and keep it extended along the body for extra balance and support.

Octopus

Purpose: Work on head-/feet-first surface dives

Description:

1. One swimmer is the octopus and stands in the middle of the pool.
2. Other swimmers (fish) are at one end.
3. The octopus calls out "Octopus, Octopus, swim to me." Upon hearing this command, all the fish try to swim by the octopus. Swimmers perform a surface dive every 4m.
4. Any fish the octopus touches become tentacles, with the swimmers at the surface of the water.
5. The octopus calls out again, and the fish start back across the pool. This time any fish the tentacles or octopus touches also become tentacles.
6. The game continues until all fish are caught.

Red Cross Swim Kids 10

Lesson #2



Duration: 45 minutes

Time: _____

Equipment: Hoops

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety</p> <p>Sun Smart</p> <ul style="list-style-type: none"> - Introduce sun-smart safety tips while swimmers are treading water 	
3	<p>Warm-Up</p> <p>Front Dive – 3 times</p> <ul style="list-style-type: none"> - Underwater swim, challenge swimmers to swim as far as possible with 1 breath - Try to improve distance 	
15	<p>Fitness Activity</p> <p>Distance Swim 500m</p> <ul style="list-style-type: none"> - Record the personal best time for each swimmer 	
7	<p>Skills and Water Safety</p> <p>Feet-/Head-First Surface Dives with Underwater Swim 2m</p> <p>Feet-First Surface Dive</p> <ul style="list-style-type: none"> - Demonstration - Practise individually 3 times - Form 2 lines, on command, first line dives, swims underwater - Next line goes, continue across pool - Hole in One Relay (see page 2) 	
18	<p>Strokes and Drills</p> <p>Elementary Back Stroke 50m</p> <ul style="list-style-type: none"> - Triple-Kick Elementary Back Stroke 25m (see page 2) – 3 times <p>Front Crawl 100m</p> <ul style="list-style-type: none"> - Pickpocket Drill 25m (see page 2) – 2 times <p>Breast Stroke 50m</p> <ul style="list-style-type: none"> - Triple-Kick Breast Stroke 25m (see page 2) – 2 times <p>Back Crawl 100m</p> <ul style="list-style-type: none"> - Catch-Up Top Back Crawl 25m – 2 times - Swimmers hold their arms in the water above their head in the back glide position and swim the back crawl one arm at a time; always return the arm to the back glide position before taking the next stroke; work on the kick and underwater pull 	

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Lesson #2



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Hole in One Relay

Purpose: Practise surface dives

Description:

1. Divide the class into 2 teams and place 4 hoops in the deep end, floating in a line, for each team.
2. The first team member does a dive, aiming to surface in a hoop.
3. The first team member then does a dive into the second hoop, and the next team member begins.
4. Continue until everyone is across the pool.

Triple-Kick Elementary Back Stroke

Description:

1. Swimmers do the elementary back stroke, performing 3 whip kicks for every arm pull.
2. Emphasize finishing the kick and arm pull at the same time, with extra focus on the whip kick.

Pickpocket Drill

Description:

1. Swimmers perform each arm pull/front crawl in the following sequence:
 - Pull arm underwater
 - High recovery over water to front, back to hip pocket, and then back to front once more
 - Switch arms
2. This improves kicking, coordination, and arm pull.

Triple-Kick Breast Stroke

Description:

1. Swimmers perform 3 whip kicks for every arm pull in the breast stroke.
2. Swimmers keep their face in the water with arms extended as they perform additional breast stroke kicks.
3. Emphasize proper timing of the breast stroke (pull, breathe, kick, glide), as well as additional practise of the whip kick.

Red Cross Swim Kids 10

Lesson #3



Duration: 45 minutes

Time: _____

Equipment: Ice rescue equipment, sponges, kickboards

Time (mins)	Activity/Skill	Formation
4	Skills and Water Safety Ice Rescue from Safe Zone (see page 2)	
7	Warm-Up Sidestroke 25m	
4	Fitness Activity Dolphin Kick (Vertical) 3 × 10 sec (see page 2)	
10	Skills and Water Safety Feet-/Head-First Surface Dives with Underwater Swim 2m - Feet-First Circle Dive (see page 2) - Head-First Surface Dive - Practise Underwater Swim	
20	Strokes and Drills Front Crawl 100m - Head-Up Front Crawl 25m – 2 times - Swimmers perform the proper front crawl stroke while keeping their head up, stationary, and facing forward - Boxer Front Crawl 25m – 2 times - Swimmer clenches fists - Front Crawl Partner Swim - Divide the class into pairs; the first partner does front crawl arms while the second partner holds the first partner's ankles and does the flutter kick; switch roles Elementary Back Stroke 50m - Place sponge on forehead 25m – 2 times - Whip Kick with Kickboard 25m Back; 25m Front – 4 times Back Crawl 100m	

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Lesson #3



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Ice Rescue from Safe Zone

Purpose: Use equipment to perform an ice rescue

Description:

1. Set out ice rescue equipment (e.g., hockey stick, rope, cooler lid).
2. Swimmers discuss how to use this equipment from the safe zone.
3. Do 1 or 2 demonstrations with the equipment.

Dolphin Kick (Vertical)

Description:

1. Swimmers perform the proper dolphin kick while upright in the water.
2. Difficulty in staying above water helps strengthen the kick.

Feet-First Circle Dive

Purpose: Practise feet-first surface dives

Description:

1. Swimmers form a wide circle, treading or doing the eggbeater.
2. The first swimmer does a feet-first surface dive and swims underwater across the circle, coming up behind another swimmer.
3. This swimmer now does the feet-first surface dive and swims underwater, coming up behind someone else, and so on.

Red Cross Swim Kids 10

Lesson #4



Duration: 45 minutes

Time: _____

Equipment: Kickboards, pull-buoys, weighted objects, ice rescue equipment

Time (mins)	Activity/Skill	Formation
16	<p>Fitness Activity Distance Swim 500m - Record the personal best time for each swimmer</p>	
9	<p>Skills and Water Safety Feet-/Head-First Surface Dives with Underwater Swim 2m - Head-First Surface Dive Relay (see page 2) Head-First Surface Dive – 3 times - Underwater Swim Ice Rescue from Safe Zone (see page 2) Entries – 3 times - Call out different entries and have swimmers perform them</p>	
20	<p>Strokes and Drills Back Crawl 100m - Rocket Ship Kicks 25m – 2 times - While performing flutter kick on back, place arms over head - Multi-Kick Drill (see page 2), Back Crawl 25m – 2 times Breast Stroke 50m Front Crawl 100m - Arms-Only Front Crawl 25m – 2 times - Place pull-buoy between legs for support Elementary Back Stroke 50m - Elementary Back Stroke Sculling Drill 25m (see page 2) – 2 times Sidestroke 25m</p>	

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Lesson #4



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Head-First Surface Dive Relay

Purpose: Practise head-first surface dive relay

Description:

1. Place a number of objects on the bottom of the pool, 5m from the edge.
2. Two at a time, swimmers approach the 5m line, descend, pick up an object, swim underwater, and drop it on the next 5m line of the pool.
3. Continue until everyone has had a turn.

Ice Rescue from Safe Zone

Purpose: Practise ice rescues

Description:

1. Have 2 or 3 swimmers tread water with floating kickboards around them.
2. Three rescuers in a safe zone use various equipment from a previous lesson to rescue these swimmers.
3. Follow performance criteria on the worksheet.

Multi-Kick Drill

Description:

1. In a single stroke cycle, swimmers normally kick 6 times (3 kicks per arm pull).
2. For this drill, use any of the following kicking rhythms to improve coordination, awareness, and the speed of the kick:
 - 2-beat kick
 - 4-beat kick
 - 6-beat kick (normal cycle)
 - 8-beat kick
 - 10-beat kick
 - 12-beat kick

Elementary Back Stroke Sculling Drill

Description:

1. Swimmers scull on their back with their head up through 3 phases of the elementary back stroke pull:
 - a) catch phase (arms up in a large "Y" position)
 - b) mid-pull phase (arms straight out at stomach/chest level with elbows slightly bent)
 - c) finishing phase (arms straight down at hip level)

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Lesson #5



Duration: 45 minutes

Time: _____

Equipment: Sunscreen bottles, pull-buoys, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

Time (mins)	Activity/Skill	Formation
<p>10</p> <p>4</p> <p>27</p> <p>4</p>	<p>NOTE: Complete a mid-session evaluation (optional).</p> <p>Skills and Water Safety Sun Smart (see page 2) Local Swimming Conditions and Hazards (see page 2)</p> <p>Warm-Up Sidestroke 25m - Swimmers attempt to swim in pairs, moving at the same time</p> <p>Strokes and Drills Back Crawl 100m Elementary Back Stroke 50m - Arms-Only Elementary Back Stroke 25m – 2 times - Use pull-buoy between legs to help support body Front Crawl 100m - Shark Crawl Drill 25m (see page 2) – 2 times Breast Stroke 50m - Arms-Only Breast Stroke 25m – 2 times - Use pull-buoy between legs to help support body</p> <p>Fitness Activity Dolphin Kick (Vertical) 3 × 10 sec - Perform proper dolphin kick while upright in the water</p>	

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Lesson #5



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Sun Smart

Purpose: Discuss sunscreen

Description:

1. Pass around various bottles of sunscreen.
2. Discuss the sun protection factor (SPF) ratings on different bottles, expiry dates, waterproof effectiveness, etc.
3. Can also discuss the styles and protective effects of sunglasses.

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.

Shark Crawl Drill

Description:

1. Swimmers swim the front crawl, pausing for 3 seconds midway in the recovery phase.
2. At this point, the pause should take place with the arm out of the water and the elbow bent at 90 degrees.
3. A high elbow looks like a shark fin.

Red Cross Swim Kids 10

Lesson #6



Duration: 45 minutes

Time: _____

Equipment: Beach ball, kickboards, water noodles, pull-buoys, sponges, socks, fins

Time (mins)	Activity/Skill	Formation
9	<p>Skills and Water Safety</p> <p>Sun Smart</p> <ul style="list-style-type: none"> - Baseball Tread (see page 2) - Each team needs to tell group about sun-smart safety <p>Feet-/Head-First Surface Dives with Underwater Swim 2m</p>	
15	<p>Fitness Activity</p> <p>Distance Swim 500m</p> <ul style="list-style-type: none"> - Record the personal best time for each swimmer 	
21	<p>Strokes and Drills</p> <p>Breast Stroke 50m</p> <ul style="list-style-type: none"> - Breast Stroke Drill 25m – 2 times - Use a water noodle underneath armpits <p>Front Crawl 100m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull (see page 2) - Knock Your Socks Off (see page 2) <p>Elementary Back Stroke 50m</p> <ul style="list-style-type: none"> - Arms-Only Using a Pull-Buoy Between Legs - Combination: perform elementary back stroke with a sponge resting on their forehead; encourage proper head position <p>Back Crawl 100m</p> <ul style="list-style-type: none"> - Scuba Kick (see page 2) <p>Sidestroke 25m</p>	

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Lesson #6



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Baseball Tread

Purpose: To practise 5 minutes of surface support using the eggbeater

Description:

1. Choose a pitcher and a batter; the rest of the class are fielders.
2. Position the batter in shallow water and others in deep water.
3. The batter hits the ball with a kickboard or his/her arm, and then tries to swim 15m without being touched.
4. The fielder who tags the batter trades places with the batter.

Arms-Only Partner Pull

Description:

1. Swimmers partner up. One partner swims the front crawl using arms only while the other holds on to the swimmer's ankles.
2. The partner being dragged can assist with kicking or not, depending on how difficult you want the drill to be.

Knock Your Socks Off

Description:

1. Give swimmers socks to put on their feet.
2. Have swimmers hold on to a kickboard or the side of the pool.
3. Tell them to try to kick their socks off their feet.
4. Emphasize straight legs and pointed toes.

Scuba Kick

Description:

1. Swimmers kick with the aid of fins to promote pointed toes and increase sensation of the flow of the flutter kick.

Red Cross Swim Kids 10

Lesson #7



Duration: 45 minutes

Time: _____

Equipment: Water polo ball, hockey pucks or sinking rings, fins, kickboards or water noodles

Time (mins)	Activity/Skill	Formation
2	Skills and Water Safety Next Steps	
1	Warm-Up Sidestroke 25m	
4	Fitness Activity Dolphin Kick (Vertical) 3 × 10 sec - Swimmers perform proper dolphin kick while upright in the water	
8	Skills and Water Safety Water Polo Game (see page 2)	
2	Review Feet-/Head-First Surface Dives with Underwater Swim 2m Puck Pile (see page 2)	
28	Strokes and Drills Breast Stroke 50m - Arms: use breast stroke arms with flutter kick Back Crawl 100m - Scuba Kick: swimmers kick with aid of fins Elementary Back Stroke 50m Front Crawl 100m	

Red Cross Swim Kids 10

Lesson #7



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.

Water Polo Game

Purpose: To introduce water polo

Water polo is a complicated and sophisticated game requiring high levels of fitness and skill. When introducing water polo to novices, it is often preferable to use lead-up variations, enabling participants to develop appropriate skills progressively. For water polo rules and coaching tips refer to "Water Polo Canada."

Description:

1. Divide the class into 2 teams and improvise 2 goals using kickboards or water noodles for boundaries.
2. Demonstrate passing balls, goalie tips, etc.
3. Swimmers play water polo.

Variations:

1. Two hands: Permit novice players to touch the ball with both hands.
2. Pass: Before a goal can be scored, the ball must be passed among a given number of players without being touched by the opponents. The number of players who touch the ball should vary with ability (3, 4, 5 players).
3. Goals: If water polo nets are not available, 2 chairs are used on the deck for each goal. A player can serve as the "goal" by standing or sitting (without moving) at the edge of the deck. A point is scored when the team passes the ball to the stationary player on the deck.
4. Time limit: A player may be in possession of the ball for no longer than 10 seconds. (This increases passing and participation.)

Puck Pile

Purpose: Practise surface dives

Description:

1. Divide the group into equal teams and give each team a pile of hockey pucks.
2. Team members take turns picking up a puck and doing surface dives to build a stack of pucks on the bottom.
3. The team with the highest pile of pucks after a set time wins.

Red Cross Swim Kids 10

Lesson #8



Duration: 45 minutes

Time: _____

Equipment: Pull-buoys, balls, water noodles

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety</p> <p>Ice Rescue from Safe Zone</p> <ul style="list-style-type: none"> - Ice Preparation (see page 2) - Perform treading water while generating lists <p>Feet-/Head-First Surface Dives with Underwater Swim 2m</p>	
4	<p>Fitness Activity</p> <p>Dolphin Kick (Vertical) 3 x 10 sec</p>	
33	<p>Strokes and Drills</p> <p>Elementary Back Stroke 50m</p> <ul style="list-style-type: none"> - Arms: Elementary Back Stroke Sculling Drill (see page 2) - Kicking: Back-to-Back Whip Kick Competition (see page 2) <p>Front Crawl 100m</p> <ul style="list-style-type: none"> - Head-Up Front Crawl (see page 2) - Kicking Competition (see page 2) <p>Breast Stroke 50m</p> <p>Back Crawl 100m</p> <ul style="list-style-type: none"> - Arms-Only Using Pull-Buoy Between Legs to Keep Body Horizontal 	

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Lesson #8



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Ice Preparation

Purpose: Preparation before activity on ice can reduce injuries/incidents

Description:

1. Swimmers generate a list of different injuries/incidents that could occur during an ice activity.
2. Swimmers state why those injuries/incidents might happen.
3. Swimmers state ways to prepare to avoid those injuries/incidents.
4. Review the preparation items, including ice rescue equipment.

Elementary Back Stroke Sculling Drill

Description:

1. Swimmers scull on their back with their head up through 3 phases of the elementary back stroke pull:
 - a) catch phase (arms up in a large "Y" position)
 - b) mid-pull phase (arms straight out at stomach/chest level with elbows slightly bent)
 - c) finishing phase (arms straight down at hip level)Use a pull-buoy to keep swimmers' legs near the surface.

Back-to-Back Whip Kick Competition

Description:

1. Divide swimmers into pairs and place them back to back with a ball between them.
2. Swimmers perform the whip kick while trying to push their partner in the opposite direction.

Head-Up Front Crawl

Description:

1. Swimmers perform the proper front crawl stroke while keeping their head up, stationary, and facing forward.

Kicking Competition

Description:

1. In partners, swimmers face each other with arms outstretched, pushing on a water noodle placed between them.
2. Swimmers flutter kick as hard as they can to attempt to push each other backward.

Red Cross Swim Kids 10

Lesson #9



Duration: 45 minutes

Time: _____

Equipment: Inner tubes or water noodles, basketball, basketball net or hoop

Time (mins)	Activity/Skill	Formation
3	Skills and Water Safety Who Am I? (see page 2)	
19	Fitness Activities Distance Swim 500m - Record the personal best time for each swimmer Dolphin Kick (Vertical) 3 × 10 sec (see page 2)	
8	Skills and Water Safety Inner Tube Basketball (see page 2)	
15	Strokes and Drills Elementary Back Stroke 50m Front Crawl 100m Breast Stroke 50m Back Crawl 100m Sidestroke 25m	

Red Cross Swim Kids 10

Lesson #9



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Who Am I?

Purpose: Identify where to get further training

Description:

1. Swimmers name occupations in aquatics/water safety (e.g., Instructor, lifeguard, ambulance attendant, first aid Instructor).
2. Identify the steps to becoming a Red Cross Lifeguard.
3. Review the steps to becoming a Red Cross Water Safety Instructor.

Dolphin Kick (Vertical)

Description:

1. Swimmers perform the proper dolphin kick while upright in the water.
2. Difficulty in staying above water helps strengthen the dolphin kick.

Inner Tube Basketball

Purpose: Provide active competition for all swimmers

Description:

1. Divide the class into 2 teams.
2. Each swimmer sits in an inner tube. (Variation: sit on a water noodle and use the eggbeater kick.)
3. Each team tries to get the ball into the opponent's goal.
4. If possible, use a basketball hoop and net mounted on the side of the pool or fastened to some flotation device in the water as the goal, or anchor an inner tube at either end of the pool.
5. Players may dribble the ball by pushing it along the surface of the water.
6. Normally, players are not allowed to upset the inner tubes of other players.

Red Cross Swim Kids 10

Lesson #10



Duration: 45 minutes

Time: _____

Equipment: Clothesline, washcloth, clothespins, strategy cards, medals or ribbons

Time (mins)	Activity/Skill	Formation
15	Fitness Activity Distance Swim 500m	
12	Skills and Water Safety Review of water safety areas needing further development	
17	Strokes and Drills Clothesline Race (see page 2) Have a Mini Swim Meet (see page 2)	
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 10. Hand out Personal Best Fitness stickers (awarded for improved time). Encourage swimmers to continue to practise their swimming skills and to register in Red Cross Swim Sports to develop additional aquatic skills. Identify the steps to becoming a Red Cross Water Safety Instructor.	

Red Cross Swim Kids 10

Lesson #10



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Clothesline Race

Purpose: Practise the eggbeater and strengthen legs

Description:

1. Stretch a "clothesline" across the swimming area about 20cm above the surface.
2. Give each swimmer a washcloth and two clothespins.
3. On your signal, swimmers eggbeater to the clothesline, pin the cloth to the line, and eggbeater back to the starting point.

Variation: Use strategy cards to hang on line with messages on the cards to review Sun Smart and Ice Rescue.

Have a Mini Swim Meet

Purpose: Experience competitive swimming

1. Description:
 - Try having a 25m race for each stroke.
 - Try a relay.
 - Make fun medals or ribbons for participation.
 - Ask a local competitive swim coach to visit and talk to the class about competitive swimming opportunities.