

Red Cross Swim Kids 9

Lesson #1



Duration: 45 minutes

Time: _____

Equipment:

Time (mins)	Activity/Skill	Formation
2	Skills and Water Safety Wise Choices and Peer Influence - Wise Choices (see page 2)	
4	Warm-Up Partner Tag (see page 2)	
7	Review Eggbeater/Tread Water 3 min - Review Hypothermia Standing Shallow Dive	
32	Strokes and Drills <i>Screen swimmers for RCSK 8 skills</i> Front Crawl 75m Elementary Back Stroke 25m Back Crawl 75m Breast Stroke 15m Distance Swim 300m - Encourage all strokes <i>Introduction to new RCSK 9 skills</i> Travelling, Legs Only 3 min Breast Stroke 25m - Pull-Dolphin 15m (see page 2) – 4 times	

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Lesson #1



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.

Wise Choices

Purpose: Provide information to help swimmers make wise choices about water, alcohol, and driving

Description:

1. Ask which swimmers have heard presentations on alcohol.
2. Ask swimmers what happens when people drink alcohol.
3. Discuss the behaviour of drinking and operating any kind of vehicle. Ask swimmers to identify laws about alcohol and driving in their province/territory (e.g., driving a car, operating a boat or snowmobile).
4. Have swimmers state problems that can occur if you drink and operate a vehicle.
5. Have swimmers generate a list of wise choices to prevent incidents of alcohol and boating (e.g., do not take alcohol with you on board a boat, do not get in a boat when the boat operator has been drinking).

Partner Tag

Purpose: Review strokes

Description:

1. Divide the class into pairs.
2. One partner swims the front crawl over to the other side of the pool and back and tags his/her partner. The partner swims over and back and tags his/her partner.
3. Repeat, doing all strokes.

Pull-Dolphin

Description:

1. Swimmers perform the breast stroke while substituting a dolphin kick for the normal whip kick.
2. This allows swimmers to feel the natural dolphin-like undulation that takes place in the breast stroke.

Red Cross Swim Kids 9

Lesson #2



Duration: 45 minutes

Time: _____

Equipment: Boating equipment, weighted objects

Time (mins)	Activity/Skill	Formation
7	<p>Skills and Water Safety</p> <p>Boating Regulations (see page 2)</p> <p>Complications of Rescue Breathing</p> <ul style="list-style-type: none"> - Teach criteria on worksheet <p>Head-First Surface Dive</p> <ul style="list-style-type: none"> - Place weighted objects on the bottom of the water. Swimmers use the objects as targets for surface dives 	
3	<p>Warm-Up</p> <p>Shallow Dive, Front Crawl 25m, 5 push-ups</p> <p>25m Back Stroke</p> <p>Shallow Dive, Breast Stroke 25m, 5 crunches</p>	
22	<p>Strokes and Drills</p> <p>Elementary Back Stroke 50m</p> <p>Front Crawl 100m</p> <ul style="list-style-type: none"> - Dinosaur Crawl Drill 25m (see page 2) <p>Breast Stroke 25m</p> <ul style="list-style-type: none"> - Triple-Kick Breast Stroke 15m (see page 2) – 4 times <p>Back Crawl 100m</p> <ul style="list-style-type: none"> - Disco-Ball Back Crawl 25m (see page 2) – 2 times 	
13	<p>Fitness Activities</p> <p>Sinking Bone (see page 2)</p> <p>Distance Swim 400m</p> <ul style="list-style-type: none"> - Record the personal best time for each swimmer 	

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Lesson #2



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.

Boating Regulations

Purpose: Learn what boating equipment is legally required

Description:

1. Every swimmer gathers a piece of equipment.
2. Swimmers place the equipment in a pile on the floor.
3. Swimmers identify the equipment required by law.
4. Discuss why the equipment is required.

Dinosaur Crawl Drill

Description:

1. Swimmers swim the front crawl while recovering arms underneath the water to focus more on the pull phase.
2. The dinosaur crawl looks similar to a long “doggy-paddle” stroke.

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.

Disco-Ball Back Crawl

Description:

1. Swimmers swim the back crawl in a broken slow-motion tempo (similar to flickering lights from a disco ball).
2. This breaks the stroke up into numerous subphases and improves coordination.

Sinking Bone

Purpose: Practise surface dives

Description:

1. Divide the class into 3 teams.
2. Toss sinking objects into deep water.
3. Swimmers must swim the head-up crawl and do a head-first surface dive to retrieve the object before it hits the bottom.

Red Cross Swim Kids 9

Lesson #3



Duration: 45 minutes

Time: _____

Equipment: Kickboards, mittens, paper, pencils, boating equipment, spray bottle

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety</p> <p>Self-Rescue: Fall Through Ice</p> <ul style="list-style-type: none"> - Ice Self-Rescue (see page 2) - Water Safety Paper-Pencil (see page 2) 	
4	<p>Warm-Up</p> <p>Boating Regulations</p> <ul style="list-style-type: none"> - No Repeat Entry Boating (see page 2) 	
22	<p>Strokes and Drills</p> <p>Front Crawl 100m</p> <p>Elementary Back Stroke 50m</p> <ul style="list-style-type: none"> - Triple-Kick Elementary Back Stroke 25m (see page 2) – 2 times <p>Back Crawl 100m</p> <p>Breast Stroke 25m</p> <p>Sidestroke Kick 15m</p> <p>Head-First Surface Dive</p>	
11	<p>Fitness Activities</p> <p>Travelling, Legs Only 3 min</p> <ul style="list-style-type: none"> - Travelling Scissor Kick 3 min (see page 2) - Set up a course where swimmers perform a head-first surface dive every 7m while swimming a head-up front crawl 	

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Lesson #3



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.

Ice Self-Rescue

Purpose: Practise self-rescue for ice

Description:

1. Discuss cold water immersion. Identify to swimmers that when immersed in cold water, they have approximately 1 minute to regain their breath control, 10 minutes of meaningful self-rescue time, and then about 1 hour before hypothermia may set in. If they are unable to exit the cold water, they should keep their head out of the water and hold still to freeze the arms of their clothing to the surface of the ice to help them remain at the surface, while calling for help.
2. Stack kickboards up in the corner of the deep end to represent ice.
3. Have swimmers put on mittens and simulate a fall through ice.
4. Instruct swimmers to tread water for 1 minute to get control over their breathing (a fall into cold water will result in gasping).
5. Have swimmers demonstrate how to exit the ice (push kickboards, representing broken ice, out of the way, climb out, and roll away from the danger area).

Water Safety Paper-Pencil

Purpose: Demonstrate principles of weight distribution on ice

Description:

1. Give each swimmer a piece of paper and a pencil.
2. Swimmers wet their paper with a spray bottle or by dipping it in the pool.
3. Illustrate what happens when you walk across thin ice by holding the pencil straight up and down on the paper. Have swimmers try themselves and discuss why the pencil makes holes in the paper.
4. Illustrate what happens when you roll across thin ice by rolling the pencil across the paper. Have swimmers try themselves and discuss why the pencil doesn't make any holes.
5. Introduce the theory of weight distribution.

No Repeat Entry Boating

Purpose: Review different entries and become familiar with boating equipment

Description:

1. Divide the class into 3 teams and place 3 piles of boating equipment at the far end of the pool.
2. The first team member enters the water, swims across the pool using the stroke of choice, grabs an item of safe boating equipment, returns, and gives the equipment to the next team member.
3. The next team member uses a different entry holding the piece of equipment, swims across the pool, takes another piece of equipment, and brings back both pieces to give to the next team member.
4. Advise swimmers to select small items first!

Triple-Kick Elementary Back Stroke

Description:

1. Swimmers do an 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.

Travelling Scissor Kick

Description:

1. Swimmers perform the scissor kick on either side, keeping their forearms and hands out of the water.

Red Cross Swim Kids 9

Lesson #4



Duration: 45 minutes

Time: _____

Equipment: Cups, sponges, pictures (or maps) of safe and unsafe swimming locations in the community (if available)

Time (mins)	Activity/Skill	Formation
8	Skills and Water Safety Complications of Rescue Breathing Local Swimming Conditions and Hazards (see page 2)	
7	Warm-Up Wheelbarrow Race (see page 2) Head-First Surface Dive	
18	Strokes and Drills Back Crawl 100m - Balancing Act Drill 25m (see page 2) – 2 times Breast Stroke 25m - Breast Stroke Sculling Drills 15m (see page 2) – 4 times Elementary Back Stroke 50m - Sponge Head 25m (see page 2) – 3 times	
12	Fitness Activity Distance Swim 400m - Record the personal best time for each swimmer Reminder for next lesson: Bring an old T-shirt, shorts, and socks (to wear in the water)	

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Lesson #4



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.

Wheelbarrow Race

Purpose: Practise eggbeater kick

Description:

1. Divide the class into pairs.
2. One partner does a front glide (representing the wheelbarrow) in the shallow end.
3. The other partner pushes the wheelbarrow across the pool by hanging on to the ankles of the partner and doing a whip kick.
4. Challenge swimmers to hold their breath as long as they can.

Balancing Act Drill

Description:

1. Swimmers balance a cup of water (or other object) on their forehead while swimming the back crawl to emphasize the straight head position.

Breast Stroke Sculling Drills

Description:

1. Swimmers perform a front scull through 2 phases of the breast stroke pull:
 - a) catch phase (arms out in front, mostly extended)
 - b) power phase (see "Front Scull 15m" on the back of the RCSK 7 worksheet)

Sponge Head

Description:

1. Swimmers perform the elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

Red Cross Swim Kids 9

Lesson #5



Duration: 45 minutes

Time: _____

Equipment: Socks, shorts, T-shirts, kickboards

Time (mins)	Activity/Skill	Formation
	<p>NOTE: Complete a mid-session evaluation (optional).</p>	
3	<p>Warm-Up Choice of Entry - Swim across pool, put on a piece of clothing (e.g., T-shirts, shorts, socks) and swim back</p>	
25	<p>Strokes and Drills Front Crawl 100m Breast Stroke 25m - Whip Kick on Front with Kickboard 25m (see page 2) Back Crawl 100m - Double-Arm Back Crawl 25m (see page 2)</p>	
12	<p>Skills and Water Safety Self-Rescue: Fall through Ice Head-First Surface Dive - Practise, review worksheet performance criteria - Cat and Mouse (see page 2)</p>	
5	<p>Fitness Activities Travelling, Legs Only 3 min - Whip Kick (see page 2)</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.

Whip Kick on Front with Kickboard

Description:

1. Swimmers perform the whip kick on their front while holding on to a kickboard with their arms extended and stretched.
2. Swimmers can have their face in or out of the water.
3. The kickboard encourages a horizontal body position.

Double-Arm Back Crawl

Description:

1. Swimmers do a back crawl, recovering and pulling with both arms simultaneously.
2. This encourages power in the pull phase of the stroke.
3. A strong flutter kick is maintained throughout.

Cat and Mouse

Purpose: Practise head-first surface dives

Description:

1. Divide the class into pairs.
2. On the word "Go," the first swimmer (mouse) swims halfway across and does a head-first surface dive.
3. As soon as the mouse goes under, the partner (cat) races after the mouse and tries to tag it before it reaches the edge.
4. Reverse roles and repeat.

Whip Kick

Description:

1. Swimmers perform the whip kick on their back or front with their forearms and hands out of the water.

Red Cross Swim Kids 9

Lesson #6



Duration: 45 minutes

Time: _____

Equipment: Cups

Time (mins)	Activity/Skill	Formation
4	<p>Skills and Water Safety</p> <p>Self-Rescue: Fall Through Ice</p> <ul style="list-style-type: none"> - Perform ice self-rescue, review performance criteria <p>Wise Choices and Peer Influence</p>	
25	<p>Strokes and Drills</p> <p>Breast Stroke 25m</p> <ul style="list-style-type: none"> - Arms-Only Partner Pull (see page 2) <p>Back Crawl 100m</p> <ul style="list-style-type: none"> - Balancing Act Drill (see page 2) - Rocket Ship Kick (see page 2) <p>Elementary Back Stroke 50m</p> <ul style="list-style-type: none"> - Triple-Kick Elementary Back Stroke (see page 2) 	
16	<p>Fitness Activities</p> <p>Distance Swim 400m</p> <ul style="list-style-type: none"> - Record the personal best time for each swimmer <p>Head-Up Front Crawl 25m (see page 2) – 3 times</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.

Arms-Only Partner Pull

Description:

1. Swimmers partner up.
2. One swimmer swims the breast stroke using his/her arms only while the other swimmer holds on to the partner's ankles.
3. The partner being dragged can assist with minimal kicking or not, depending on the degree of difficulty desired.

Balancing Act Drill

Description:

1. Swimmers balance a cup of water (or other object) on their forehead while swimming the back crawl.
2. This encourages a straight head position.

Rocket Ship Kick

Description:

1. Swimmers do the flutter kick on their back with arms above their head instead of down at their sides.
2. This keeps swimmers focussed on maintaining a straight, streamlined body position.

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.

Head-Up Front Crawl

Description:

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

Red Cross Swim Kids 9

Lesson #7



Duration: 45 minutes

Time: _____

Equipment: Balls, sponges

Time (mins)	Activity/Skill	Formation
<p>8</p> <p>33</p> <p>4</p>	<p>Skills and Water Safety Wise Choices and Peer Influence - Personal Responsibility (see page 2) Complications of Rescue Breathing</p> <p>Strokes and Drills Front Crawl 100m - Swimmers perform front crawl with fists clenched 25m, regular front crawl 25m – 3 times Elementary Back Stroke 50m - Back-to-Back Whip Kick Competition 15 sec (see page 2) – 4 times Back Crawl 100m - Sponge Head (see page 2) Breast Stroke 25m - Triple-Kick Breast Stroke (see page 2)</p> <p>Fitness Activity Travelling, Legs Only 3 min</p>	

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Lesson #7



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.

Personal Responsibility

Purpose: Develop an awareness of personal choices

Description:

1. Have swimmers tread water or perform eggbeater.
2. Tell your class a situation/story (e.g., it is a surf day and your Frisbee goes in the water; your boat springs a leak but you have your PFD/lifejacket).
3. Swimmers should decide how they would react and give a reason for their choice.

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.

Sponge Head

Description:

1. Swimmers perform the elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

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 9

Lesson #8



Duration: 45 minutes

Time: _____

Equipment: Boating equipment required by law, small hockey sticks, non-buoyant ring or puck, fins, water noodles, sponges

Time (mins)	Activity/Skill	Formation
10	Skills and Water Safety Boating Regulations - Boating Equipment Relay (see page 2) Complications of Rescue Breathing Head-First Surface Dive	
25	Strokes and Drills Elementary Back Stroke 50m - Sponge Head (see page 2) Back Crawl 100m Front Crawl 100m - Scuba Kick - Swimmers kick with the aid of fins Breast Stroke 25m - Breast Stroke with Water Noodle (see page 2)	
10	Fitness Activity Underwater Hockey Game (see page 2)	

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Lesson #8



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.

Boating Equipment Relay

Purpose: Identify necessary boating equipment required by law

Description:

1. Organize swimmers into 2 or 3 teams.
2. Place a pile of equipment opposite each team, 15m away. Each pile must contain some required boating equipment.
3. Swimmers swim to the equipment using only their legs, pick up a piece of equipment required by law for boating, and swim back with it on their stomach.
4. The relay concludes when one team brings back all the required boating equipment (e.g., whistle, bucket, paddle, cellphone, first aid kit, PFD/lifejacket).

Sponge Head

Description:

1. Swimmers perform an elementary back stroke with a sponge resting on their forehead.
2. This encourages them to maintain the proper head position and look straight up at the ceiling.

Breast Stroke with Water Noodle

Description:

1. Swimmers place a water noodle underneath their armpits and perform the proper breast stroke technique.
2. Encourage swimmers not to pull their arms past the water noodle.
3. This activity encourages swimmers to keep their arms from pulling past 90 degrees at the end of the power phase.

Underwater Hockey Game

Purpose: Fitness and fun

Description:

1. Divide the class into 2 teams and give everyone a small hockey stick (available from dollar stores).
2. Use a sinking ring or a real hockey puck as the puck.
3. Mark the goals with other sinking objects.
4. Play in shallow water.

Red Cross Swim Kids 9

Lesson #9



Duration: 45 minutes

Time: _____

Equipment:

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety Wise Choices and Peer Influence Self-Rescue: Fall Through Ice</p>	
3	<p>Warm-Up Shallow Dive - One length of each stroke, walk back (use lanes if available) Travelling, Legs Only 3 min - Travelling Flutter Kick (see page 2)</p>	
22	<p>Strokes and Drills Front Crawl 100m - Front Crawl Sculling Drill (see page 2) Back Crawl 100m - Vertical Kick (see page 2) Elementary Back Stroke 50m - Triple-Kick Elementary Back Stroke (see page 2) Breast Stroke 25m - Arms-Only Partner Pull (see page 2)</p>	
12	<p>Fitness Activity Distance Swim 400m - Record the personal best time for each swimmer</p>	

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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.

Travelling Flutter Kick

Description:

1. Swimmers perform their choice of legs-only kick on their backs or on their sides, keeping their forearms and hands out of the water.

Front Crawl Sculling Drill

Description:

1. Swimmers scull on a 45-degree angle on their side through each phase of the arm stroke as follows:
 - a) catch phase – hand out in front above head; does not pull below head
 - b) mid-pull phase – mid-phase in stroke; arm at chest level
 - c) finishing phase – fully on side, pulling from stomach past the hips
2. The face is in the water for the first 2 phases and then fully out of the water for the last phase.

Vertical Kick

Description:

1. Swimmers perform flutter kicks while in an upright, vertical position to improve the strength of the kick.
2. The difficulty can be increased by having swimmers hold their arms above their head.

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.

Arms-Only Partner Pull

Description:

1. Swimmers partner up.
2. One swimmer swims the breast stroke using his/her arms only while the other swimmer holds on to the partner's ankles.
3. The partner being dragged can assist with minimal kicking or not, depending on the degree of difficulty desired.

Red Cross Swim Kids 9

Lesson #10



Duration: 45 minutes

Time: _____

Equipment: Sponges, hoops, bucket

Time (mins)	Activity/Skill	Formation
5	<p>Skills and Water Safety Review skills and water safety requiring further development</p>	
3	<p>Warm-Up Chain Tag (see page 2)</p>	
16	<p>Strokes and Drills Front Crawl 100m Back Crawl 100m Elementary Back Stroke 50m Breast Stroke 25m Sidestroke Kick 15m</p>	
20	<p>Fitness Activities Pull-Dolphin/Whip 25m (see page 2) Sponge Bucket Ball (see page 2) Distance Swim 400m</p>	
1	<p>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 9. Hand out Personal Best Fitness stickers (awarded for best time achieved). Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.</p>	

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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.

Chain Tag

Purpose: Tread water

Safety supervision: Be alert for signs of fatigue.

Description:

1. Designate game boundaries in deep water.
2. Choose a swimmer to be "It."
3. When "It" tags someone, they join hands and try to tag other swimmers.
4. The game is over when the entire class is part of the chain, or they are starting to feel fatigued.

Pull-Dolphin/Whip

Description:

1. Swimmers perform the breast stroke while alternating between the dolphin kick and the whip kick with each stroke.
2. This allows swimmers to feel the natural dolphin-like undulation that takes place in the breast stroke as the dolphin kick is performed and then allows them to attempt to mimic this same motion using the proper whip kick.

Sponge Bucket Ball

Description:

1. Divide the class into 2 teams.
2. Each team chooses a goal catcher, who performs the eggbeater within a hoop and holds a large bucket.
3. Swimmers toss a sponge to different team members, trying to keep possession and score in their own bucket.
4. The goal catcher can hold the bucket high to catch the sponge but must stay inside the hoop.