

Red Cross Swim Preschool–Starfish Lesson #1



Canadian Red Cross

Theme: The Big Clean-Up

Duration: 30 minutes

Story: Mom and Dad are cleaning the house and we decide to help them.

Time: _____

Focus: Moving through water

Equipment: Kickboards, Floating Toys, Sponges, Slide

Time (mins)	Activity/Skill	Formation
	<p>Make sure the caregiver is nearby and assists with all activities.</p>	
5	<p>Introduce yourself to the swimmers and ask the caregivers to ensure they bring an extra towel to each lesson to keep nearby for those swimmers who are showing signs of being cold. 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>	
3	<p>We get in the water and act like a washing machine (turn around in the water). Caregivers enter the water first while maintaining physical contact with the swimmer sitting at or near the edge of the pool. If required, have the caregivers partner with each other when they enter the water so they can keep the swimmers safe. 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. Ensure the swimmer’s shoulders are above the surface of the water. – Shallow Water Entries and Exits (Caregiver and Child)</p>	
3	<p>Introduce Supports and Hold Techniques for the Caregiver. Demonstrate front hold support. The caregiver holds the swimmer’s body under the armpits, with the swimmer held close to the caregiver or with the swimmer facing away from the caregiver. Demonstrate back cradle position. The caregiver cradles the swimmer in his or her arms, with the swimmer facing the caregiver. The caregiver and the swimmer should be at the surface level of the water. – Supports and Hold Techniques for the Caregiver</p>	
3	<p>We sing, “This is the Way.” We travel in a circle formation clockwise and then counter-clockwise. – Play and Songs; Vertical Position (Assisted)</p>	
2	<p>We need to vacuum; we take a kickboard and push it all over the pool. – Buoyancy and Movement (Assisted)</p>	
2	<p>To tidy up, we must pick up the toys. We do a front glide position off the wall and push different toys. We also have to clean them, so we splash them with our hands. – Front Position (Assisted)</p>	
3	<p>We have to check the ceiling for spider webs, so we float on our back, with our ears in the water. – Back Position (Assisted)</p>	
3	<p>We must check to see if the floor is clean. We float on our tummy like a starfish, face out of the water. – Front Position (Assisted)</p>	
3	<p>We have to wash the floor. We take a sponge in each hand and scrub the kickboards as we move around the pool. – Play and Songs</p>	
3	<p>In lessons #2, #5, and #10, we will be discussing the features of PFDs for babies. If you have the correct size of PFD for your child, please bring it to these lessons. We sing “Ring Around the Rosie” and then say the Starfish poem before going home. Make sure that the towels are nearby to keep the swimmers warm. – Play and Songs; Show How to Stay Warm; Shallow Water Entries and Exits (Caregiver and Child)</p> <p style="padding-left: 40px;"> <i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i> </p>	

Red Cross Swim Preschool–Starfish Lesson #2



Canadian Red Cross

Theme: The Friendly Dolphin **Duration:** 30 minutes
Story: Our dolphin friend asked us to spend the day with him at the aquarium. **Time:** _____
Focus: Moving through water **Equipment:** Foam animals, Balls, Hoops, Slide, PFDs

Time (mins)	Activity/Skill	Formation
3	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome the 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 swimmer about safe and unsafe behaviours near water, as well as safe and unsafe areas at the lesson site. We enter the water. – Facility/Site Orientation and Active Supervision; Shallow Water Entries and Exits (Caregiver and Child)</p>	
3	<p>Review Supports and Hold Techniques for the Caregiver as the swimmers play in the water with the foam animals. – Supports and Hold Techniques for the Caregiver; Getting Wet (Assisted)</p>	
2	<p>We put our face in the water to watch the fish (foam animals) and count them. – Submersion (Optional Participation)</p>	
3	<p>We see the starfish and do a star, like them, face down. – Front Position (Assisted)</p>	
4	<p>We want to wear a PFD to swim with the dolphins. We only wear a PFD if we have the correct size to fit our small bodies. If the PFD does not fit us, we let it float on the surface of the water. Our caregivers look at the PFD's key features:</p> <ul style="list-style-type: none"> • label stating the PFD is Transport Canada-approved • size/weight range on label • large collar with grab strap • bright colours • zipper for closure, as well as waist and safety straps to secure baby <p>Discuss the importance of proper fit—babies should never wear a PFD that is too large because it will obstruct their breathing. If swimmers are wearing a PFD, they can complete the lesson with it on. – Choosing a PFD</p>	
5	<p>We play with the dolphins and push a ball with our nose and then swim through a hoop. – Buoyancy and Movement (Assisted)</p>	
3	<p>We pretend we are penguins and sit on the edge of the pool. Then we enter the water by leaning forward toward our caregiver. The fish have escaped! We swim after them and bring them to the side. We roll over to let the dolphins leap over us. Then we walk back to the aquarium with the dolphins. – Buoyancy and Movement (Assisted); Back Position (Assisted); Vertical Position (Assisted)</p>	
2	<p>We slide into our pool, and like the dolphins and the fish, we swim everywhere. – Play and Songs</p>	
3	<p>We all jump from a sitting position. Remember to Stop! Look! Wait! before we jump into the pool, using the rhyme "Fishies in the Ocean." – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Shallow Water Entries and Exits (Caregiver and Child); Show How to Stay Warm</p> <p style="padding-left: 40px;"> <i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i> </p>	

Red Cross Swim Preschool–Starfish Lesson #3



Canadian Red Cross

Theme: A Visit to the Police Station

Duration: 30 minutes

Story: The starfish thieves have vanished.

Time: _____

Focus: Flotation

Equipment: Mats, Foam hippos, Water noodles

Time (mins)	Activity/Skill	Formation
<p>3</p> <p>2</p> <p>2</p> <p>2</p> <p>3</p> <p>3</p> <p>3</p> <p>3</p> <p>3</p> <p>4</p> <p>3</p> <p>2</p>	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome the swimmers and take attendance. Introduce choking prevention. Review Supports and Hold Techniques for the Caregiver. – Choking Prevention; Supports and Hold Techniques for the Caregiver</p> <p>We get in the water and warm up. – Shallow Water Entries and Exits (Caregiver and Child)</p> <p>Today we are visiting the police station. We put on our police uniform by sliding in from a sitting position. Remember to Stop! Look! Wait! before you jump into the water. – Shallow Water Entries and Exits (Caregiver and Child)</p> <p>We put on our sheriff’s star and float like a starfish on our back to show everyone. – Back Position (Assisted)</p> <p>We get a tour of the police station (the pool) and explore the offices and cells. – Vertical Position (Assisted)</p> <p>We are a little tired, so we stop to rest on the mat: we lie on our back. – Back Position (Assisted)</p> <p>We get a call from the police chief (we put our ear in the water to listen to the phone). He tells us the thief has been seen near the bridge. – Getting Wet (Assisted)</p> <p>We take our police wagon with the sirens to the bridge. We sit on the mat or the side of the pool and kick our feet. We find out there are lots of escaped starfish thieves (foam hippos) and we have to bring them all back to jail by putting them on our tummy, lying on our back, and being pulled by our caregiver. – Buoyancy and Movement (Assisted)</p> <p>We are very proud, so we give ourselves a round of applause (clap in the water). We move our feet. – Vertical Position (Assisted)</p> <p>We travel home by doing another star on our tummy, and our caregiver pulls us along. We go home for a nap, lying face down, holding a water noodle. – Front Position (Assisted)</p> <p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Play and Songs; Shallow Water Entries and Exits (Caregiver and Child); Show How to Stay Warm</p> <p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #4



Canadian Red Cross

Theme: Around the World

Duration: 30 minutes

Story: We are going on a trip around the world.

Time: _____

Focus: Moving through water

Equipment: Water noodles, Sponges, Large mats, Kickboards, Floating Toys

Time (mins)	Activity/Skill	Formation
	<p>NOTE: All activities are assisted by the caregiver.</p>	
3	Welcome the swimmers and take attendance. Review Choking Prevention. – Choking Prevention	
2	We get in the water and warm up. – Shallow Water Entries and Exits (Caregiver and Child)	
2	Review Supports and Hold Techniques for the Caregiver. – Supports and Hold Techniques for the Caregiver	
4	Today we are going around the world to look for starfish. We will take a plane (water noodles) and begin in Brazil. We get off the plane in Brazil and find giant frogs. Our caregivers jump with us through the water. – Vertical Position (Assisted); Shallow Water Entries and Exits (Caregiver and Child)	
2	We see lots of crocodiles. We sing “Shake, Shake, Shake Your Sillies Out” (or another action song) so we don’t feel afraid. – Play and Songs	
3	We board our boat (large mat or kickboard), but our shoes make the floor dirty (lie on mat on our stomach). We take a sponge and scrub the floor of the boat. We take the boat to France (sit on the mat). – Front Position (Assisted); Vertical Position (Assisted)	
3	To cook some French delicacies, we buy vegetables (floating toys) and wash them (splash them). France is famous for its chocolate, so we should walk around the pool and collect some chocolate (toys) on trays (kickboards) to bring home for gifts. – Getting Wet (Assisted); Vertical Position (Assisted); Buoyancy and Movement (Assisted)	
2	Next we drive to China. We hold a kickboard and kick our feet. – Buoyancy and Movement (Assisted)	
2	We ride our bicycles there (run quickly through the water and pull with our hands and arms in the water). – Vertical Position (Assisted)	
2	Since we are tired, we relax while doing a star on our back. – Back Position (Assisted)	
2	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. – When and How to Get Help	
3	<p>We jump through the water looking for starfish and find lots of them in different colours! Look under the water to see them! If you have a PFD for your swimmer, please bring it to the next lesson. We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Getting Wet (Assisted); Shallow Water Entries and Exits (Caregiver and Child); Show How to Stay Warm</p> <p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #5



Theme: A Puppet's Birthday **Duration:** 30 minutes
Story: We get together to throw a surprise party for our starfish puppet. **Time:** _____
Focus: Immersion **Equipment:** Puppets, Kickboards, PFDs, Floating toys, Floating rings, Balls, Mats, Straws

Time (mins)	Activity/Skill	Formation
	<p>NOTE: Complete a mid-session evaluation (optional). NOTE: All activities are assisted by the caregiver.</p> <p>2 Welcome the 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). 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. – Facility/Site Orientation and Active Supervision</p> <p>3 We get in the water and warm up. It is our starfish puppet's birthday, so we sing a birthday song. Review Supports and Hold Techniques for the Caregiver. – Supports and Hold Techniques for the Caregiver</p> <p>5 We look for our puppet costumes (PFDs) and wear them if they are the correct size. We enter the water by singing the Humpty Dumpty song. – Shallow Water Entries and Exits (Caregiver and Child); Play and Songs</p> <p>3 We go shopping for ingredients to make a birthday cake, then we drive home. We hold our steering wheel (floating ring) while our caregiver pulls us along. – Buoyancy and Movement (Assisted)</p> <p>2 We have to mix the ingredients for the cake. We make a circle and put the ingredients in the middle. We move our feet to mix them up for 1 minute. – Vertical Position (Assisted)</p> <p>2 To bake the cake, we float on our back and rest the cake on our belly. No one likes a soggy cake! – Back Position (Assisted)</p> <p>3 Now we decorate with balloons (balls) by placing them around the pool, including the corners. – Vertical Position (Assisted)</p> <p>3 We want to inspect all the presents, so we get on the table (mat) and then jump off in a sitting position. Remember to Stop! Look! Wait! before we jump. – Shallow Water Entries and Exits (Caregiver and Child)</p> <p>3 We relax for a while (starfish float on back), and when we hear the buzzer from the oven, the starfish cake is ready. – Front Position (Assisted); Back Position (Assisted)</p> <p>3 We take the cake out of the oven and put the candles in it (straws). To practise blowing out candles, we blow air into our caregiver's face (to avoid drinking water through the straw). – Submersion (Optional Participation)</p> <p>1 We sing "Happy Birthday" and throw confetti at our starfish puppet (splash it with our hands). – Play and Songs</p> <p>Time to go but first we say the Starfish poem. Make sure that the towels are nearby to keep the swimmers warm. – Show How to Stay Warm</p> <p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #6



Canadian Red Cross

Theme: Wonderland **Duration:** 30 minutes
Story: We fall asleep and wake up in Wonderland. **Time:** _____
Focus: Back movements **Equipment:** Mats, Kickboards, Balls, Water noodles, Hoop

Time (mins)	Activity/Skill	Formation
4	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome the swimmers and take attendance. We get in the water and warm up by singing “Twinkle, Twinkle, Little Star” and pretend to fall asleep. We float on our back to look at the stars. – Back Position (Assisted)</p>	
4	<p>We wake up in Wonderland and see giant frogs. We do high jumps on the spot. We take a ride on a flying starfish carpet (sit on a mat or kickboard and kick feet). – Vertical Position (Assisted)</p>	
4	<p>We find some ladybugs (balls) and play with them. We get out of the water and help our ladybug to fly. We throw it and then jump in the water. Remember to Stop! Look! Wait! before we jump into the water. – Buoyancy and Movement (Assisted); Shallow Water Entries and Exits (Caregiver and Child)</p>	
3	<p>We go for a ride on a magic sailboat (mat). – Front Position (Assisted)</p>	
4	<p>We come across a dragon. To hide, we camouflage ourselves in the water. We put our chin in the water and float on our tummy like a starfish. Luckily, a unicorn (water noodle) comes to save us. We sit on it and fly away. – Front Position (Assisted); Vertical Position (Assisted)</p>	
4	<p>The unicorn must attend a fancy ball and needs to find something special to wear. We find a hoop and put it on the unicorn’s horn (end of water noodle sticking out of water). To thank the unicorn, we want to give it a flower. We make the petals with our arms and legs (float on our tummy and then our back). – Front Position (Assisted); Back Position (Assisted)</p>	
3	<p>We meet some gentle giants. We dance the limbo with them by going under the water noodle (held by Instructor) and put the back of our head in the water (ears out). – Back Position (Assisted)</p>	
2	<p>We had a great day, but now we want to return home. We see a hole in the clouds, so we jump (do sitting or standing) from the side, through the hole (hoop), and arrive home (back to the side). – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Shallow Water Entries and Exits (Caregiver and Child); Show How to Stay Warm</p> <p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #7



Theme: The Jungle
Story: We get lost in the jungle.
Focus: Moving through water face down

Duration: 30 minutes
Time: _____
Equipment: Mats, Kickboards, Colourful floating toys, Water noodles, Rescue belt, Toilet Paper Roll

Time (mins)	Activity/Skill	Formation
3	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome the swimmers and take attendance. Before entering the water, discuss choking hazards at home and at the pool and how to respond to choking. Use an empty toilet paper roll to show how objects that can fit through the roll are considered choking hazards for babies and toddlers. Have caregivers look around and identify any potential choking hazards at the pool. Demonstrate first aid for choking (for the first aid steps, see Choking Response/Rescue Breathing on the Red Cross Instructor Network at www.instructornetwork.ca). – Choking Prevention</p>	
4	<p>We get in the water and warm up by singing the song “The Wheels on the Bus.” The bus will take us to the airport. – Play and Songs</p>	
2	<p>We are going to the jungle today, so we board a plane (put a water noodle under our arms) and fly there. We take a boat (mat) and get lost in a storm (Instructor can make waves with a kickboard). We must find our way home. – Buoyancy and Movement (Assisted)</p>	
2	<p>We are on a beach, so we decide to catch fish to eat. To check if there are any fish around, we open our eyes under the water. Instead of fish, we see starfish (floating toys) in lots of colours! – Getting Wet (Assisted)</p>	
3	<p>We find a branch (water noodle) and make a fishing rod. We get out of the water and pretend to fish. Our caregiver is the fish and tugs on our line. We jump back in the water from a sitting position on the pool edge. Remember to Stop! Look! Wait! before we jump! – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We see crocodiles and pretend to be lily pads, floating on our backs, so they do not see us. – Back Position (Assisted)</p>	
4	<p>We walk through the jungle (run in the water in a vertical position) and jump over tree branches (water noodles). We arrive at a river, and a nice snake (rescue belt) helps us cross. – Vertical Position (Assisted); Buoyancy and Movement (Assisted)</p>	
3	<p>We must cross a bridge (mat), so we climb up and Stop! Look! Wait! before we sit and lean forward to get into the water. – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>Now we find some more snakes and get away from them by gliding away on our tummy. – Front Position (Assisted)</p>	
3	<p>We are hungry, so we look underwater to see if we can find any food. – Submersion (Optional Participation)</p>	
2	<p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Show How to Stay Warm</p> <p style="padding-left: 40px;"> <i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i> </p>	

Red Cross Swim Preschool–Starfish Lesson #8



Canadian Red Cross

Theme: Outer Space

Duration: 30 minutes

Story: We are travelling to outer space.

Time: _____

Focus: Moving through water on our back

Equipment: Sponges, Water noodles, Foam hippos, Balls, Mats

Time (mins)	Activity/Skill	Formation
5	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome swimmers and take attendance. Identify local water hazards and the conditions that make them hazardous (e.g., spring melt, cold water, high water, winter ice, etc.). Ask the caregivers to identify strategies (e.g., Prepare! Stay Safe! Survive!) to keep their family members safe when in or near the water and in what situations they would contact EMS/9-1-1. – When and How to Get Help</p>	
3	<p>We get in the water and warm up. It is raining (wring sponges over children’s heads), and we decide to take a trip into outer space. (NOTE: You may also use a watering can and a plastic fireman’s hat if a child does not like water being poured over head.) – Getting Wet (Assisted)</p>	
3	<p>We will take an airplane (water noodle) to the space centre. We take a rocket (back glide, roll-over). – Back Position (Assisted)</p>	
2	<p>In space, there is no gravity, so we jump in the water from a sitting position and float around on our back. Remember to Stop! Look! Wait! before we jump! Now we gather stars (foam hippos). The stars are too hot, so we wet them before picking them up and then lay them out on our belly to cool off. – Back Position (Assisted)</p>	
2	<p>We sing “Twinkle, Twinkle, Little Star” while lying face up and kicking our feet, moving backward. – Play and Songs</p>	
3	<p>The moon (ball) is getting away from us. Chase after it and bring it back. – Vertical Position (Assisted)</p>	
2	<p>Hang the moon up in the sky by throwing it up in the air and then jump into the water. – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We fly around on a spaceship (sit on water noodles pulled by caregiver). – Buoyancy and Movement (Assisted)</p>	
2	<p>We imitate the stars, floating on our back. – Back Position (Assisted)</p>	
2	<p>We walk on the moon (mat) and jump off into space. Remember to Stop! Look! Wait! before we jump! – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We want to go back to earth, so we put on our spaceship suits and blast off back to earth. – Front Position (Assisted)</p>	
2	<p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Show How to Stay Warm</p> <p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #9



Canadian Red Cross

Theme: The Circus **Duration:** 30 minutes
Story: We are going to the circus to see the clowns. **Time:** _____
Focus: Front glides **Equipment:** Sponges, Paintbrushes, Floating rings, Floating toys, Kickboards, Balls, Water noodles, Hoop

Time (mins)	Activity/Skill	Formation
5	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome the swimmers and take attendance. Review the aquatic situations that require contacting EMS/9-1-1 for assistance, such as a missing person near water, drowning incidents, and severe choking. Reinforce the active supervision strategies:</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 • Ensure there are physical secured barriers preventing toddlers from accessing water, such as a fence with a self-closing, self-latching gate (doors from houses can be opened or left opened; caregivers should never assume doors will remain closed) – When and How to Get Help 	
3	<p>We get in the water and warm up by singing the song “The Wheels on the Bus.” We are taking the bus to the circus – Play and Songs</p>	
3	<p>We will disguise ourselves as starfish clowns, so we apply our makeup with a sponge or small paintbrushes. We are going to be late for the show, so we take our car (floating ring) and move our feet fast while our caregiver pulls us along. At the circus, we buy some souvenirs (floating toys) and put them in the car (kickboard). – Getting Wet (Assisted); Buoyancy and Movement (Assisted)</p>	
2	<p>We watch the acrobats and try to roll around like they do. – Buoyancy and Movement (Assisted)</p>	
2	<p>We see one acrobat fall, and we imitate him by doing a back star. – Back Position (Assisted)</p>	
3	<p>We get out of the water and stand on the side to learn to juggle. Our ball falls in the water, and we jump from a sitting position. Remember to Stop! Look! Wait! before we jump! – Shallow Water Entries and Exits (Caregiver and Child)</p>	
2	<p>We get involved in the pony show: we ride in a circle on a pony (water noodle). – Vertical Position (Assisted)</p>	
2	<p>The other clowns hid our wig (floating ring). We have to look at the bottom of the pool to find it. We see it, take it, and put it on our head. – Getting Wet (Assisted)</p>	
3	<p>We sing “Ring Around the Rosie” to make the clowns laugh. We get on the stage and play the “Green Nose/Red Nose” game with the clowns. When the Instructor says “Green,” we run through the water; when he says “Red,” we stop. – Play and Songs</p>	
2	<p>We escape from the lions and take their places. We push off the wall and pass through the “ring of fire” (hoop). – Front Position (Assisted)</p>	
3	<p>We are tired, so we take off our makeup (wash our face underwater) and relax by floating on our back, moving around the pool. If you have a PFD for your swimmer, please bring it to the next lesson. We say our Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Getting Wet (Assisted); Show How to Stay Warm</p>	
	<p><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p>	

Red Cross Swim Preschool–Starfish Lesson #10



Canadian
Red Cross

Theme: Pirates
Story: We become pirates.
Focus: All skills

Duration: 30 minutes
Time: _____
Equipment: PFDs, Mats, Kickboards, Water noodles, Floating Toys

Time (mins)	Activity/Skill	Formation
<p>4</p> <p>3</p> <p>4</p> <p>4</p> <p>3</p> <p>4</p> <p>3</p> <p>3</p> <p>3</p> <p>2</p>	<p>NOTE: All activities are assisted by the caregiver.</p> <p>Welcome swimmers and take attendance. Go over how to choose a PFD for your baby and when babies should wear a PFD. – Choosing a PFD</p> <p>We get in the water, warm up, sing our Starfish theme song, and sing an additional song or put on some children’s music. – Play and Songs</p> <p>Pirates choose a PFD to take on board. We are starfish pirates, so we board our starfish (mat) and set out to sea. We encounter a big storm (splash the mat and make it move). We ride a giant fish (water noodle) to shore. – Front Position (Assisted); Vertical Position (Assisted)</p> <p>We find a treasure map (kickboard) on the island. We follow the map around the island until we find the location of the sunken treasure. – Buoyancy and Movement (Assisted)</p> <p>At the treasure (toys), we find a waterfall and play in it. – Play and Songs; Getting Wet (Assisted)</p> <p>We hear the people who live on the island coming our way. We pretend to be starfish, so we put our face in the water and do a front float so they don’t catch us. – Front Position (Assisted)</p> <p>We are tired, so we do a starfish float on our back and rest our head on our caregiver’s shoulder. – Back Position (Assisted)</p> <p>We say the Starfish poem and get out of the water. Make sure that the towels are nearby to keep the swimmers warm. – Show How to Stay Warm</p> <p style="padding-left: 40px;"><i>Starfish, Starfish, turn around, Starfish, Starfish, touch the ground, Starfish, Starfish, touch your nose, Starfish, Starfish, wiggle your toes, Starfish, Starfish, arms up high, Starfish, Starfish, wave good-bye!</i></p> <p>Give swimmers their <i>Preschool Progress Booklet</i>.</p> <p>Encourage caregivers to continue to bring their children to aquatic facilities/sites regularly to play in the water.</p>	