



Strategy Resource Guide

This guide is an exciting teaching resource designed for your reference. It's full of useful teaching ideas, strategies, common errors, and correctives for all skills and levels.

This guide is organized to match the skills in the Red Cross Swim programs. There are lots of ways that you can use this guide. For example:

1. Search the guide when you're creating your own lesson plans before you teach.
2. Use drills from beginning progressions and levels to reinforce, practise, and correct errors at higher levels.
3. Adapt the ideas, strategies, and correctives for teens, adults, and seniors.

The Strategy Resource Guide is designed with you in mind...to improve, enhance, and supplement your lesson plans. It can be a starting point for creating your own strategies—unleash your imagination! You can also modify these strategies to make them more appropriate for your pool location or the needs of your swimmers.

We hope you find this guide an enjoyable and valuable resource.

Title: The Listening Game

Topic: Getting Wet

Activity:

1. Give a series of directions very quickly to your swimmers and caregivers (e.g., stand up, sit down, blow bubbles, wash face, wiggle in the water).
2. Challenge them to follow your directions.
3. Play for a maximum of three minutes.

Title: Top Ten Song List

Topic: Play and Songs

Activity:

1. Choose from one of the following songs:
 - Wheels on the Bus
 - Alice the Camel
 - Ring around the Rosy
 - If You're Happy and You Know It
 - It's Raining, It's Pouring
 - Motorboat
 - London Bridge
 - Head and Shoulders
 - Itsy Bitsy Spider

Title: Sprinkling Can

Topic: Getting Wet

Activity:

1. Have caregivers work and interact independently with the swimmers. Ask the following questions:
 - How much water can you carry?
 - Empty the water. Is it warm or cold? What does it look like?
 - Show how you can fill your sprinkling can.
 - Can you sprinkle your caregiver? Can they sprinkle you?
2. Fill and empty containers using sponges and other containers and buckets of various sizes.

Title: Paintbrushes

Topic: Getting Wet

Activity:

1. Using paintbrushes, have caregiver and swimmer paint themselves with water.
2. Direct caregiver and swimmer to paint different body parts with the pool water.
3. Paint safe areas of the pool green and unsafe areas red (use pretend colours, water only).

4. Have caregiver identify strategies to keep swimmer safe in all areas of the pool.

Title: A Musical Tale

Topic: Buoyancy and Movement

Activity:

1. Make up a short story and tell it to a background of music.
2. Include lots of opportunities for swimmers to practise skills learned to date.
3. One example of a theme/story is magic, told to the music of the "Sorcerer's Apprentice." Use only a short portion of longer musical pieces.
4. Use simpler music and themes for very young swimmers.

Title: Duck Race

Topic: Buoyancy and Movement

Activity:

1. Give each swimmer a buoyant animal.
2. Have each swimmer and caregiver manoeuvre their animal through a short obstacle course.
3. Use lots of directional words, e.g., forwards, sideways, backwards.
4. Encourage swimmers to perform some of the same actions as they race their animals, e.g., go through a hoop.

Title: Picking Ping-Pong Balls

Topic: Exhale through Mouth and/or Nose;

**Introduction to Rhythmic Breathing:
Breath Control**

Activity:

1. Have a variety of Ping-Pong balls of different colours (use permanent marker to colour them).
2. Use them for a variety of activities:
 - Have swimmers collect specific colours.
 - Have swimmers blow them from one spot to another (you can use straws for this, too).
 - Have swimmers move around the pool and gather them and place them in containers around the edge.
 - Have swimmers push them from one spot to another, using arm actions (on front).
 - Have swimmers kick them away using flutter kicks on their back.

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Title: Sink and Float
Topic: Weight Transfer

Activity:

1. Have swimmers experiment to see which objects sink and float (this can be done in the water or in a small pool or bucket set up on land).
2. Hold the objects under the water for the swimmer to reach and retrieve.
3. If water is shallow enough or there is a tot dock, have swimmer and caregiver retrieve the objects from the bottom.

Title: Dinosaur Steps (Variations: Bunny Hops, Kangaroos, Parade, Barnyard Walk, Sneezing)

Topic: Buoyancy and Movement

Activity:

1. Tell swimmer and caregiver to move forwards or backwards in the water like a dinosaur.
2. Tell them to act like different types of dinosaurs.
3. Have swimmers add roars.
4. Stress big steps.

Title: Coloured Eggs

Topic: Rhythmic Breathing

Activity:

1. Start swimmers on the side in shallow water.
2. As the big bad wolf, you start the game by saying, “Knock, Knock.”
3. Have swimmers ask, “What do you want?”
4. You answer, “Coloured eggs.”
5. The swimmers ask, “What colour?”
6. When you yell a colour, all swimmers with the specified colour on their bathing suits blow bubbles as they walk to the other side. Maintain eye contact with the class.
7. Try to tag the swimmers if they are not blowing bubbles while walking to the other side.
8. Swimmers become wolves when caught and then help you catch other eggs.

Title: Salmon Says

Topic: Front Float and Recovery; Back Float and Recovery

Activity:

1. Gives swimmers different instructions such as “jump up and down,” “touch the bottom,” “float.”

2. If you begin the instruction by saying, “Salmon Says,” the swimmers should do the activity. If you don’t say, “Salmon Says,” the swimmers shouldn’t do the activity.

Title: Exploring

Topic: Exhale through Mouth and/or Nose;
Introduction to Rhythmic Breathing: Breath Control

Activity:

1. Have swimmers try submerging their head while blowing bubbles out their nose. Have them stop moving and blowing bubbles while they’re still underwater. No water will go in their nose. Ask them why not?
2. Ask swimmers why is it important to be relaxed when breathing?

Title: Submersion

Topic: Submersion

Activity:

1. Have class stand in shallow water in a circle formation.
2. Review the submersion techniques with the class—face to face for babies or side by side for toddlers. Make sure each caregiver is comfortable with these techniques. See Chapter 8, “The Developing Swimmer” in the Red Cross *Assistant Water Safety Instructor Manual*.
3. Review the submersion cue with class, e.g., “1, 2, 3, under.”
4. Encourage each caregiver and swimmer to submerge when they are ready. Watch carefully and make corrections as needed. Encourage lots of praise after the submersion.

Title: Face Wash (Variation: Getting Up in the Morning)

Topic: Play and Songs

Activity:

1. Have swimmers stand in shallow water and pretend they are eating a messy meal, such as spaghetti or chocolate ice cream.
2. Splash water on their hands as “soap” to wash their faces.
3. Have them use water to wash their faces.
4. Include instructions to wash behind their ears, under their chin, and on top of their head.
5. Ask them to rinse thoroughly.

Title: Grand Old Duke of York (Variation: Other Active Songs)

Topic: Rhythmic Breathing; Play and Songs

Activity:

1. Form a circle with swimmers in shallow water.
2. Sing the song:
*The Grand Old Duke of York,
He had 10,000 men.
He marched them up to the tip of the hill,
(go up with swimmers)
And marched them down again.
(go underwater and exhale)
And when you're up, you're up.
And when you're down, you're down.
And when you're only halfway up,
You're neither up nor down.*
3. Have swimmers move in a circle and follow the actions of the song.

Title: Shark Burps

Topic: Rhythmic Breathing

Activity:

1. Have swimmers practise blowing bubbles into their hands at the surface and then underwater.
2. Have swimmers practise “Shark Burps” (letting out air underwater all at once).
3. Remind swimmer that they should only breathe in, not out, when their head is above water.

Title: The Wave

Topic: Submersion

Activity:

1. Have the class form a circle. Designate one swimmer or caregiver and swimmer to start the wave.
2. Have swimmer put both arms in the air and then down as the caregiver and swimmer submerge.
3. When the swimmer and caregiver come back up, the next swimmer and caregiver repeats the action until the wave has gone around the circle.

Title: Birthday Candles

Topic: Rhythmic Breathing

Activity:

1. Have swimmers hold up one finger. Explain it is a birthday candle.
2. Have swimmers practise blowing the candle out.

3. Explain that this is a magic birthday candle and can burn underwater. Explain that they will have to go underwater to blow it out. Demonstrate.
4. Encourage swimmers to go underwater to blow their magic candle out.

Title: Fish Talk

Topic: Rhythmic Breathing and Kicking

Activity:

1. Using a kickboard, have each swimmer practise kicking.
2. Have swimmers talk to the fish (put their face in water and blow bubbles) and listen to the fish (take their head out and turn it to the side to get a breath).

Title: Alice the Camel

Topic: Rhythmic Breathing; Play and Songs

Activity:

1. Tell the class to form a circle in shallow water. Ask the class how many humps Alice has today. Keep the number between three and five humps.
2. The class sings the song:
*Alice the Camel has ____ humps
Alice the Camel has ____ humps
Alice the Camel has ____ humps
So go, Alice, go
Boom, boom, boom!*

Every time the class sings the word “hump” they do a bob. Everyone wiggles their hips at “Boom, boom, boom.”

Title: Ring Around the Rosy (Variation: Other Active Songs)

Topic: Rhythmic Breathing; Exhale through Mouth and/or Nose

Activity:

1. Form a circle with the swimmers, or caregivers and swimmers in shallow water.
2. Sing the song “Ring Around the Rosy”:
*Ring around the Rosy
Pocket full of posy
Husha, Husha, we all fall down.*
3. Have swimmers and caregivers and swimmers move in a circle during the song and go underwater at the end.

Strategy Resource Guide**Title: Ain't No Flies****Topic: Rhythmic Breathing; Exhale through Mouth and/or Nose****Activity:**

1. Place swimmers into two lines.
2. Have the two lines face each other.
3. Each team sings the song:
There ain't no flies on us.
There ain't no flies on us.
There may be flies on some of you guys,
But there ain't no flies on us.
4. At the conclusion of each verse, each team submerges and exhales underwater.

Title: Duck the Bridge**Topic: Rhythmic Breathing; Exhale through Mouth and/or Nose****Activity:**

1. Have swimmers stand in a semicircle while you stand opposite from the class with a water noodle or kickboard.
2. Rotate the water noodle or kickboard slowly.
3. The swimmers duck their head underwater as the water noodle/kickboard passes over them.

Title: Hats**Topic: Rhythmic Breathing; Exhale through Mouth and/or Nose****Activity:**

1. Throw floating "hats" (e.g., rings, ice cream lids, etc.) into shallow water.
2. Have swimmers submerge and try to come back up with a hat on their head.
3. Challenge swimmers not to use their hands.
4. Emphasize lots of bubbles.
5. Watch swimmers carefully.

Title: Pop Goes the Weasel**Topic: Rhythmic Breathing****Activity:**

1. In a circle in the shallow end, have swimmers hold hands and sing "Pop Goes the Weasel."
2. Start with one swimmer, and ask them to do rhythmic breathing 5 times.
3. Do this several times until all swimmers have attempted rhythmic breathing 5 times.

Title: Finding Fishy**Topic: Front Glide****Activity:**

1. Place laminated fish characters on bottom of the pool.
2. Have swimmers search for Leon the fish while gliding (and kicking) around in the shallow water.

Title: The Bob Family**Topic: Rhythmic Breathing****Activity:**

1. Have the swimmers form a loose semicircle in front of you, in shallow water.
2. Begin the story of the Bob family:
Once upon a time
There was the Bob family,
Mama Bob, Papa Bob, Brother Bob, Sister Bob,
Baby Bob, and Dog Bob (two bobs for this one)...

Each time you use the word "Bob," the swimmers must go underwater.

3. The story may continue through the entire lesson set and you can gradually increase the number of bobs and the body positions of the swimmers.

Title: Bubbles in My Drink**Topic: Rhythmic Breathing****Activity:**

1. Have straws for each swimmer. Try to find brightly coloured or interestingly shaped straws.
2. Have swimmers practise blowing bubbles through the straw using a small container of water (e.g., plastic glass, toy bucket).
3. Have swimmers move into the water and blow bubbles into the water.
4. Have swimmers blow bubbles into the water without using the straw.

Title: Back Float**Topic: Back Float****Activity:**

1. Have swimmers practise walking backwards with shoulders and ears tilted back in the water.
2. When they are comfortable, encourage them to lift their chest up toward the surface.

3. Give each swimmer two buoyant objects to hold and teach them how to recover from a back float to a standing position: knees to chest, push down, and fall forward until face enters water. Have them repeat this until they can consistently demonstrate it.
4. Review walking backwards. Lift chest and encourage stretching to bring feet slightly off the ground for a short time.

Title: Bird's Wings**Topic: Front Float****Activity:**

1. Have swimmers hold a buoyant object in each hand or under each arm.
2. Have swimmers make noises like various birds (quack, cluck, chirp) as they move or kick around the pool.

Title: Butterfly Wings**Topic: Front Float; Back Float****Activity:**

1. Tell the swimmers that they are butterflies breaking out of a cocoon.
2. The swimmers gradually stretch out their wings (arms and legs) in the water.
3. Let the swimmers describe their wing colours.
4. Assist them to perform their front and back float positions.

Title: Banana Peel**Topic: Back Float****Activity:**

1. Have swimmers pretend to be a banana stuck to the edge, facing the wall, hanging on with hands, and feet up on the wall.
2. Swimmers slowly peel themselves off the edge, like peeling a banana, until they are flat on the surface.
3. Have swimmers choose other fruits that have a peel and repeat the activity.

Title: Starfish Float**Topic: Front Float and Recovery****Activity:**

1. Have swimmers practise their jellyfish floats.
2. Have swimmers practise doing their jellyfish floats as far underwater as they can.
3. Give each swimmer two buoyant objects to place under each arm.
4. Have swimmers begin to practise a front float recovery (swimmers perform a starfish then bend knees up, push down with hands, and lift head up). Have them practise repeatedly until this is automatic.
5. Have swimmers go back to practise underwater jellyfish floats. Have them practise spreading out like a starfish from the jellyfish float, then recover.

Title: Jack-in-the-Box**Topic: Front Float****Activity:**

1. Demonstrate a jack-in-the-box: someone holds your finger and sings the song, and then you pop out of the water, making sure both feet come off the bottom.
2. Have swimmers practise in partners.
3. Demonstrate an underwater jack-in-the-box. When you pop up, your head remains tucked underwater while your feet come off the bottom.
4. Have your swimmers practise in partners. Explain to them later that this is also called a mushroom or jellyfish float.
5. Have swimmers practise taking three steps before they do the mushroom float.

Title: Frozen Tag**Topic: Front Float; Back Float****Activity:**

1. Identify specific boundaries for the game.
2. Identify the person who is Freeze. You can have more than one person as Freeze.
3. Have swimmers who are tagged by Freeze remain in a frozen float position until someone else swims under them to unfreeze them.

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Title: Salad (Variation: Pizza, Cosmic Salad, Spaghetti)

Topic: Front Float; Back Float

Activity:

1. Tell the class they will practise floats by making a salad.

2. Assign each swimmer a different salad vegetable.
3. Yell, “Abracadabra,” and have the swimmers float together as a salad.

DEVELOPING SWIMMER: Front Glides

Title: Slip 'n' Slide

Topic: Front Glide; Back Glide

Activity:

1. Have swimmers practise pushing off and gliding on their front from the bottom or from the caregiver's knees to the side.
2. Encourage face in the water, arms stretched above head.
3. Have swimmers add a kick at a later time.
4. Push off from the wall should be final progression.
5. Use this for back glides, too.

Title: Crayon Box (Variation: Torpedoes, Carrots, Arrows)

Topic: Front Glide; Back Glide

Activity:

1. Have the swimmers pretend they are crayons in a box. Line them up along the edge and assign each a colour.
2. Yell out different colours. Swimmers push off from the wall and glide when their colour is called.

Title: Torpedo Targets

Topic: Front Glide; Back Glide; Side Glide

Activity:

1. Ask swimmers to pretend they are torpedo fish.
2. Hold a kickboard underwater about 2m away as a target.
3. Have swimmers push off from the edge or bottom and glide to the target.
4. Have swimmers glide on their sides and their backs.

Title: Chocolate-Dipped Cookies (Variation: Fondue)

Topic: Roll-Over Glide

Activity:

1. Tell swimmers to pretend the water is full of chocolate.
2. Have swimmers pretend they are their favourite kind of cookie, ready to be covered with chocolate.
3. Have swimmers glide on their back (or front) as long as they can (to get more chocolate on them), and then roll over to their front (or back).
4. Remind the swimmers that the longer they glide, the more chocolate gets on the cookies.
5. Assist swimmers when necessary.

Title: Periscope

Topic: Roll-Over Glide

Activity:

1. Have swimmers perform a back glide, pretending they are submarines.
2. When you say “up periscope,” the swimmers bend one arm and lift their elbow.
3. When you say “down periscope,” the swimmers stretch their arm across their body, causing them to roll onto their front.

Title: Pancakes

Topic: Roll-Over Glide

Activity:

1. Have swimmers glide on their back.
2. The class sings to the tune of I'm a Little Teapot:
*I'm a little pancake on my back.
I'm a little pancake very flat.
I'm a little pancake on my back.
Flip me over just like that!*

3. As they sing “Flip me over,” the swimmers roll from back glide to front glide.

Title: Superboy/Supergirl (Variation: Superman/Superwoman)

Topic: Side Glide

Activity:

1. Have swimmers line up against the wall in the “super” position: one arm up by head and the other at side.
2. Using a water noodle or kickboard, have swimmers push off from the side holding a side glide position as long as it is stable.
3. Challenge them to roll their shoulder forward and backwards during the glide. Ask them: What happens to your body? What feels more comfortable? What is more stable?
4. Tell swimmers to move their lower arm out of the water, back and forth across their body when they glide. What happens?
5. Tell swimmers to lift their head, to look forward, and to look back at their feet. When they glide, what happens to their bodies?

Title: Side Rolls

Topic: Front Glide/Side Glide Combination

Activity:

1. Review side glides with kick (one arm up, one arm down).
2. Review front glides with kick using the same arm position as the side glides with kick.
3. Demonstrate rolling forward from a side glide with kick into a front glide with kick (one arm up, one arm down).
4. Have swimmers practise until they are comfortable and are able to maintain a streamlined body position.
5. Demonstrate rolling from a front glide with kick (one arm up, one arm down) to a side glide with kick. Focus on the shoulder rolling out first. Note how head rolls to the side.
6. Have swimmers practise the front to side rolls, alternating sides, until they are comfortable and able to maintain a streamlined body position.

Title: Motorboat (Variation: Boiling Water)

Topic: Flutter Kick

Activity:

1. Have swimmers hold onto a water noodle or 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 kicking motion is up and down and the swimmers’ body position approaches horizontal.

Title: Glider Planes

Topic: Front/Back Glide with Kick; Roll-Over Glide

Activity:

1. Have swimmers form into four teams of glider planes (front glides/back glides/side glides/roll-over glides) and give each team a formation to perform (e.g., straight line).
2. On your signal, the teams push off from the edge and kick in their designated glide formations.
3. Switch glide positions.

Title: Toe Wars

Topic: Flutter Kick

Activity:

1. Introduce swimmers to each of their big toes: one is Splish and the other is Splash. Splish and Splash do not get along and are always fighting.
2. While swimmers are doing their front or back glide, ask them to make Splish and Splash have a toe war. They should do this by banging their big toes together while they are kicking.

Title: Sock Swim (Variation: Flippers)

Topic: Flutter Kick

Activity:

1. Have swimmers put socks on.
2. Have swimmers hold onto a kickboard.
3. Tell them to try to “kick their socks off their feet.”
4. Emphasize straight legs and pointed toes.

Strategy Resource Guide**Title: What Continent? (Variation: Relay Format)****Topic: Flutter Kick****Activity:**

1. Have swimmers hold onto a large mat or two kickboards. Have the class “rev up” their airplane engines (fast flutter kick) and take off. Move as a group.
2. Ask swimmers, “What continent shall we visit?” Make suggestions like Africa, Australia, and Antarctica.
3. Travel as a group to that continent and “land” the plane. Have the group blow their bubbles and slow down.
4. Get off the plane and have the class pretend to be the different animals they would find.
5. Take off and visit another continent.

Title: Blast Off**Topic: Flutter Kick****Activity:**

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

Title: The Soccer Scull**Topic: Head-First Sculling****Activity:**

1. Provide each swimmer with a water noodle or PFD/lifejacket for support.
2. Separate the class into two teams. Identify each team’s goal scoring area.

3. Tell swimmers that they can only use their feet to move the beach ball and score in the opposing team’s goal.
4. To move, the swimmers must perform head-first sculling on back.

Title: Sculling Team Pull**Topic: Head-First Sculling****Activity:**

1. Pair up swimmers.
2. Place a PFD/lifejacket in the water between each pair.
3. Have swimmers float on their backs and stick both their toes up through the neck hole of the PFD/lifejacket.
4. The swimmers begin to scull and try to pull their partner.

Title: The Elbow Scull**Topic: Head-First Sculling****Activity:**

1. Have swimmers lean over a water noodle so that only their forearms are hanging over.
2. Have swimmers practise their scull motion experimenting with ways to move forward.
3. Remove the assist when they are ready to attempt this skill without additional support.

Title: The Star Scull**Topic: Sculling****Activity:**

1. Spread swimmers into a circle. Make sure there is an arm’s length distance between each swimmer.
2. Have swimmers simultaneously scull head first toward a kickboard in the centre of the circle.
3. As their skills improve, change their body position in the centre of the circle to spread their legs to make a star position.

DEVELOPING SWIMMER: Deep Water Orientation

Title: **Spongy Stew**

Topic: **Deep Water Activities (Assisted)**

Activity:

1. Have the class form a circle in chest-deep water with one swimmer standing in the centre.
2. As swimmers sing the song, they move in a circle imitating the action of stirring the stew:
We're making a spongy stew, whip, whip, whip, whip.
We're making a spongy stew, scoobie doobie whip
Spongy potatoes and spongy tomatoes and even spongy you.
3. At the end of the song, the swimmer in the centre points to another swimmer and they change places.
4. Adapt to deep water when your class is ready.

Title: **Five Little Fishes**

Topic: **Stop! Look! Ask! (Find the Adult); Jump into Chest-Deep Water (Assisted); Jump into Deep Water; Safe Entries and Exits**

Activity:

1. Talk the swimmers through each step of Stop! Look! Ask! and then ask them if they want assistance when jumping in.
2. If a swimmer requests assistance, hold his or her hand.
3. Sing "Five Little Fishes Jumping in the Water," but have swimmers ask each time before they jump.

STROKES: Front Crawl

Legs

Title: **Multi-Kick Drills**

Topic: **Flutter Kick**

Activity:

1. In one stroke cycle, a normal kick cycle is a 6-beat kick (three kicks per arm pull). Have swimmers alter their kick cycle to reduce or increase the number of kicks per stroke cycle.
2. You can suggest any combination to improve coordination, awareness, and speed of kick:
 - 2-beat kick, 4-beat kick, 6-beat kick (normal cycle), 8-beat kick, 10-beat kick, 12-beat kick

Title: **Scuba Kick**

Topic: **Flutter Kick**

Activity:

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

Title: **Kicking Competitions**

Topic: **Flutter Kick**

Activity:

1. With a partner, swimmers face each other with arms outstretched, pushing on a buoyant object placed between them.
2. Have swimmers flutter kick as hard as they can to attempt to push each other backwards.

Title: **Front Sailboat Glide**

Topic: **Flutter Kick**

Activity:

1. Have swimmers kick on their side with one arm above their head and the other straight out of the water at a 90° angle. This promotes a strong flutter kick and a high arm recovery.

Title: **Vertical Kick**

Topic: **Flutter Kick**

Activity:

1. Have swimmers perform a flutter kick in an upright, vertical position. This improves strength of kick.
2. You can increase the difficulty by having swimmers hold their arms above their head.

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Arms

Title: Garbage Bag Snake Drill

Topic: Front Crawl

Activity:

1. Have swimmers tie a plastic strip around each thigh leaving a longer “snake” end after the knot.
2. Encourage swimmers to pull arms past hips as they do front crawl, touching the “snake” with each pull.

Title: Shark Crawl Drill

Topic: Front Crawl

Activity:

1. Have swimmers do front crawl while pausing for three seconds midway during the recovery phase.
2. At this point, their arm should be out of the water and their elbow should be bent at 90° so that the high elbow looks like a shark fin.

Title: Boxer Front Crawl

Topic: Front Crawl

Activity:

1. Have swimmers swim front crawl with fists clenched.
2. Emphasize they should be getting power from the whole forearm in the pull phase.

Title: Chicken Crawl Drill

Topic: Front Crawl

Activity:

1. Have swimmer place their thumbs in their armpits, simulating a chicken’s wings.
2. Have swimmer attempt front crawl with their arms in this “chicken wing” position to promote shoulder roll and high elbow recovery.

Title: Arms-Only Front Crawl

Topic: Front Crawl

Activity:

1. Have swimmers propel themselves through the water with only their arms, using any combination of a pull-buoy, hand paddles, and/or a rubber band to hold their legs together.
2. Use any of the following combinations to strengthen arms—they range from least difficult (a) to most difficult (f):

- a. Pull-buoy
- b. Pull-buoy and paddles
- c. Pull-buoy and band
- d. Band
- e. Pull-buoy, paddles, and band
- f. Paddles and band

Title: Wings, Zippers, and Tents

Topic: Front Crawl

Activity:

1. Have swimmers swim front crawl with straight arms.
2. Next, have swimmers swim using “chicken wings” (thumbs in armpits), elbows high on recovery.
3. Then have swimmers run their thumbs along the sides of their body through each arm recovery (zipper).
4. Next, have swimmers drag the tips of their fingers along the top of the water during recovery, away from their heads (tent).
5. Finally, have swimmers lift their fingers just out of the water during recovery.

Title: Head-Up Front Crawl

Topic: Front Crawl

Activity:

1. Have swimmers perform a proper front crawl stroke while keeping their head up, stationary, and facing forward.

Title: Counting Strokes (Variations: All Strokes)

Topic: Front Crawl

Activity:

1. Have swimmers swim 25m using any stroke and count the number of arm pulls they perform in that distance.
2. Then have swimmers swim another 25m, trying to use fewer strokes.

Title: Dinosaur Crawl Drill

Topic: Front Crawl

Activity:

1. Have swimmers swim front crawl while recovering their arms underneath the water to focus on the pull phase.
2. The stroke should look similar to a long “doggy-paddle” stroke.

Title: Inner Tube Pull**Topic: Front Crawl****Activity:**

1. Pair up swimmers and place an inner tube between each pair.
2. Have swimmers float on their front and hook their feet into the tube, facing away from each other.
3. Swimmers swim the front crawl arms, trying to pull their partner by the tube.

Title: Front Crawl Sculling Drills**Topic: Front Crawl****Activity:**

1. Have swimmer scull on a 45° angle on their side through each phase of the front crawl arm stroke.
2. Make sure their face is in the water for the first two phases, then fully out of water for the last phase.
3. Phases:
 - catch phase (hand out in front above head, does not pull below head);
 - mid-pull phase (mid-phase in stroke, arm at chest level); then
 - finishing phase (fully on side, pulling from stomach past the hips).

Title: Arms-Only Partner Pull**Topic: Front Crawl****Activity:**

1. Have swimmers partner up, one swimming arms-only front crawl, while the other holds on to the partner's ankles.
2. The partner being dragged can assist with kicking or not, depending on degree of difficulty you want to create.
3. Have partners switch roles.

STROKES: Back Crawl

Note: Many of the front crawl kicking drills from the “Front Crawl” section above may be used for back crawl as well.

Breathing**Title: Continuous Side Rolls****Topic: Front Crawl; Front Glide/Side Glide Combination****Activity:**

1. Review rolling from side to front and front to side.
2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow.
3. Have swimmers practise over a distance of 10–15m. Make sure swimmers are comfortable on their side before rolling back to their front.
4. To increase proficiency, have swimmers practise rolling to their left for one width, then rolling to their right for a second width.

Title: Pepsi, Coke, 7-Up**Topic: Front Crawl; Rhythmic Breathing****Activity:**

1. Have swimmers say, “Pepsi, Coke, 7-Up,” for each arm rotation.
2. When they say, “Up,” they turn to breathe.
3. This will reinforce breathing on each side (bilateral breathing).

Coordination**Title: Pickpocket Drill****Topic: Front Crawl; Front Swim****Activity:**

1. Have swimmers perform each arm pull in the following sequence:
 - Pull arm underwater.
 - Recover arm high above water to front, then back to pocket, then back to front once more.
 - Switch arms.

Body Position**Title: Exaggerated Shoulder Roll Drill****Topic: Back Swim with Shoulder Roll****Activity:**

1. Have swimmers perform a back glide with kick with both arms at the sides.

Strategy Resource Guide

2. Emphasize rolling one shoulder out.
3. Have swimmers repeat the glide, emphasizing the other shoulder and practising rolling from shoulder to shoulder.

Title: Rolling Shoulders

Topic: Back Swim with Shoulder Roll

Activity:

1. Demonstrate how to roll shoulders when doing back crawl. Move slowly and alternately roll one shoulder at a time.
2. Have swimmers practise for a distance of approximately 10–15m.
3. Use of music in the background is optional.

Title: Back Sailboat/Shoulder Roll Combo

Topic: Back Swim with Shoulder Roll

Activity:

1. Have swimmers combine a back glide with a high shoulder roll into a sailboat glide by working on transition from rolling the shoulder to bringing the arm out of the water.
2. Have swimmers hold each position for three seconds, then switch to the other arm.

Title: Balancing Act

Topic: Back Crawl

Activity:

1. Have swimmers swim back crawl while balancing a cup of water (or other object) on their forehead to emphasize a straight head position.

Legs

Title: Tight Toes (Variation: Front Crawl)

Topic: Flutter Kick

Activity:

1. Place swimmers in a wave formation. Have swimmers perform front or back glides with kick over a distance of 10m.
2. Direct them to kick with flexed ankles, then with pointed toes, and then with loose ankles.
3. Discuss which kick was most efficient.

Title: Back Breakers

Topic: Back Glide; Back Swim

Activity:

1. Over a distance of 10–15m, have swimmers practise the following back glide with kick drills (make sure they can do one drill before moving to the next one):
 - arms flat on their stomach, hands forming a teepee on top of stomach,
 - forearms straight out of water, then
 - arms stretched over their head on the water's surface.

Title: Back Flutter Drill (Variation: Whip Kick on the Back)

Topic: Back Swim; Flutter Kick

Activity:

1. Have swimmers float in a back crawl position with one arm extended above their head (or kept at their side) and other arm stretched toward the feet with a kickboard in their hand. The kickboard should rest over their knees.
2. Have swimmers perform flutter kick. If they hit the kickboard with their knees, they are bending their knees too much.

Title: Push Challenge (Variation: Front Crawl)

Topic: Flutter Kick

Activity:

1. Have swimmers face each other in pairs, starting in a front float position and holding a buoyant object between them in their hands.
2. Tell swimmers to kick their legs to try to push the other swimmer away.

Arms

Title: Arms-Only Back Crawl

Topic: Back Crawl

Activity:

1. Have swimmers propel themselves through the water using only their arms, with any combination of a pull-buoy, hand paddles, and/or a rubber band to hold legs together.
2. Use any the following combinations to strengthen arms—they range from least difficult (a) to most difficult (f):

- a. Pull-buoy
- b. Pull-buoy and paddles
- c. Pull-buoy and band
- d. Band
- e. Pull-buoy, paddles, and band
- f. Paddles and band

Title: Thumb Rub (Variation: Front Crawl)

Topic: Back Crawl

Activity:

1. Have swimmers stand up with their arms hanging down by their sides.
2. Have swimmers run their thumbs across each leg.
3. Have swimmer practise their front or back crawl. Emphasize that each thumb must brush past the spot on their thighs that their thumbs hit when they were standing up.
4. As a variation, use nonpermanent marker to draw a spot on each swimmer's leg.

Title: Arms-Only Partner Pull (Variation: Back Crawl)

Topic: Back Crawl

Activity:

1. Have swimmers partner up.
2. While one swims arms-only back crawl, the other one holds onto partner's ankles.
3. The partner being dragged can help by kicking or not, depending on the degree of difficulty you want to create.

Title: Bent Arm Catch

Topic: Back Crawl

Activity:

1. Have swimmers float on their backs beside a wall, rope, lane rope, etc. Their arms should be at their sides.
2. The swimmers recover their arm in the air and reach back behind their head to grab the rope.
3. When they grab the rope, their elbow bends and they pull themselves along the rope.
4. The swimmers let go and recover the same arm and repeat the pull.
5. At the end of the rope, swimmers switch sides and repeat the drill with the other arm.

Breathing and Coordination

Title: 1, 2, 3, Switch

Topic: Back Crawl

Activity:

1. Have swimmers glide and kick on their back with one arm extended above their head and the other down at the side, holding the other shoulder out of the water.
2. Have swimmers kick in this position for three seconds, then recover arm above water and switch arms.
3. Have them hold this position for another three seconds before switching back to other arm once again.
4. This drill should look like a slow back crawl with a pause just before each arm recovery. This helps swimmers keep arms in opposition to one another.

STROKES: Elementary Back Stroke

Body Position

Title: Sponge Head

Topic: Elementary Back Stroke

Activity:

1. Have swimmers perform elementary back stroke with a sponge resting on their forehead to make sure they maintain proper head position, looking straight up at the ceiling.

Legs

Title: Kickboard Kick

Topic: Whip Kick

Activity:

1. Have swimmers swim whip kick on their backs while holding a kickboard over their chest. The kickboard helps them maintain a horizontal body position in the water.

Title: Water Noodle Kick

Topic: Whip Kick

Activity:

1. Have swimmers hold a water noodle under their arms and perform a whip kick in a seated body position.
2. In this position, swimmers can look at the form of their kick and try to correct it with the help of your feedback.

Title: Back-to-Back Kick

Topic: Whip Kick

Activity:

1. Have swimmers partner up, back to back in the water.
2. Have partners place a ball between them and perform whip kick, trying to push their partner in the opposite direction.

Title: Hand/Heel/Knee Connection (Variation: Breast Stroke)

Topic: Whip Kick

Activity:

1. Have swimmers swim on their backs with arms at their side.

2. During the recovery phase of the whip kick, swimmers try to touch their heels to their hands as they bring their feet back.
3. Have swimmers flex their feet up and out and keep their ankles outside the line of their knees during the kick phase.

Title: Triple Kick

Topic: Whip Kick

Activity:

1. Have swimmers perform three whip kicks for every one arm pull.
2. Emphasize finishing the kick and arm pull at the same time, as well as practising the whip kick.

Arms

Title: Genie in a Bottle

Topic: Elementary Back Stroke

Activity:

1. Have swimmers stand in a circle in the shallow end, with their feet on the bottom.
2. Tell swimmers to imagine that they are a genie in a bottle.
3. To get out of the bottle, they must “sneak” their thumbs up their sides, until their hands are above their head.
4. Keeping the elbows bent, turn their hands out to grab the top of the bottle.
5. Push down their sides to pop themselves out.
6. Demonstrate this with them at the same time, providing verbal cues.

Title: Arms Only

Topic: Elementary Back Stroke

Activity:

1. Have swimmers move their arms in a proper elementary back stroke pattern to propel themselves through the water, with any combination of the pull-buoy and/or hand paddles.
2. Use any the following combinations to strengthen arms—they range from least difficult (a) to most difficult (f):
 - a. Pull-buoy
 - b. Pull-buoy and paddles

- c. Pull-buoy and band
- d. Band
- e. Pull-buoy, paddles, and band
- f. Paddles and band

Title: Arms with Flutter Kick
Topic: Elementary Back Stroke
Activity:

1. Have swimmers practise proper elementary back stroke arm pull with minimal flutter kick to help maintain horizontal body position in water. This allows swimmers to focus on the proper arm pattern for elementary back stroke without worrying about the kick.

STROKES: Breast Stroke

Note: Many of the whip kick on back drills from the “Elementary Back Stroke” section above may be used for whip kick on front as well.

Body Position

Title: Front Whip
Topic: Whip Kick
Activity:

1. Have swimmers perform the whip kick on their front while holding onto a kickboard at the chin level (this will encourage a slanted body position, not a horizontal one).
2. Don't promote a horizontal position until the completion of the kick.
3. Have swimmers try this two ways: with face in and out of the water.

Title: Dolphin Pull Whip
Topic: Whip Kick; Breast Stroke
Activity:

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

Legs

Title: Face-to-Face Competition
Topic: Whip Kick
Activity:

1. Have swimmers partner up, facing each other on their front.

Title: Stack 'em Up
Topic: Whip Kick
Activity:

1. On the pool deck, stack up three kickboards for each swimmer to lay on, so kickboards are across their midsection.
2. Have swimmers move their legs through the proper whip kick motion as you help them.

Title: Whip Kick Flying
Topic: Whip Kick
Activity:

1. Have swimmers hold their arms out to their sides, with a buoyant object under each arm and hand. Their body position should be vertical.
2. Tell swimmers to perform whip kick and try to kick their body as high out of the water as possible.
3. Then, have swimmers gradually roll onto their front and kick forward.

Arms

Title: Front Scull
Topic: Breast Stroke
Activity:

1. Have swimmers use a proper front scull technique; swimmers propel themselves through the water using only their arms, while using any combination of a pull-buoy, hand paddles, and/or a rubber band to hold their legs together around their ankles.

Strategy Resource Guide

2. Have swimmers perform a front scull through two phases of the breast stroke pull:
 - catch phase (arms out in front, mostly extended), then
 - power phase.
3. Use any the following combinations to strengthen arms—they range from least difficult (a) to most difficult (f):
 - a. Pull-buoy
 - b. Pull-buoy and paddles
 - c. Pull-buoy and band
 - d. Band
 - e. Pull-buoy, paddles, and band
 - f. Paddles and band

Title: Water Noodle Swim (Variation: Mats)

Topic: Breast Stroke

Activity:

1. Have swimmers put water noodles under their armpits.
2. Review the breast stroke pull. Have swimmers practise.

Breathing

Title: Popcorn

Topic: Breast Stroke

Activity:

1. Review breast stroke pulls with swimmers.
2. Have swimmers place their arms in torpedo position (extended in front of head).

3. Have swimmers perform the catch followed by a “pop up” to breathe during the power phase.
4. Complete the pull after the “pop up.”

Coordination and Timing

Title: Triple Kick

Topic: Breast Stroke

Activity:

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

Title: Choosing to Breathe

Topic: Breast Stroke

Activity:

1. Demonstrate and have swimmers practise an isolated breast stroke pull using the sequence “pull, breathe, glide 1, 2, 3.”
2. Have swimmers practise an isolated kick using the sequence “breathe, kick, glide 1, 2, 3.”
3. Next, have swimmers decide where to add the pull. (They may use a kickboard for initial support.)
4. Now have swimmers practise “pull, breathe, kick, glide 1, 2, 3.”

STROKES: Sidestroke

Sidestroke Drills

Body Position

Title: Side-to-Side Competitions

Topic: Sidestroke

Activity:

1. Have swimmers partner up.
2. While in the proper side glide position, each pair holds a ball between them with their extended arms.
3. Have swimmers perform proper scissor kick or inverted scissor kick as they try to push their ball and partners backwards.

Legs

Title: Bobbing Assisted Scissor Kick

Topic: Sidestroke

Activity:

1. Have swimmers use a PFD/lifejacket or kickboard for support while they perform a proper scissor kick, standing upright in the water.
2. If this drill is performed correctly, swimmers should be bobbing up and down in the water with every scissor kick.
3. When scissor kick has been developed, remove the PFD/lifejacket or kickboard, and have the swimmers attempt kick unassisted.

Title: Scissor Kick on Side with Water Noodle**Topic: Sidestroke****Activity:**

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

Title: Triple Kick Sidestroke**Topic: Sidestroke****Activity:**

1. Have swimmers perform three scissor kicks for every one arm pull.
2. Have swimmers keep arms stationary in proper side glide position as they perform additional scissor kicks.
3. Emphasize proper timing of arms and legs in stroke as well as additional practise of the scissor kick.

Arms**Title: Arms-Only Sidestroke****Topic: Sidestroke****Activity:**

1. Have swimmers propel themselves through the water with only their arms, using a proper sidestroke pull, with any combination of a pull-buoy, hand paddles, and/or a rubber band to hold their legs together.
2. Use any the following combinations to strengthen arms—they range from least difficult (a) to most difficult (f):
 - a. Pull-buoy
 - b. Pull-buoy and paddles
 - c. Pull-buoy and band
 - d. Band
 - e. Pull-buoy, paddles, and band
 - f. Paddles and band

Title: Sidestroke Arms with Flutter Kick**Topic: Sidestroke****Activity:**

1. Have swimmers practise proper sidestroke arm pull with minimal flutter kick to help them maintain a horizontal sidestroke position in water. This

allows swimmers to focus on proper arm pull for sidestroke without worrying about the kick.

Title: Sidestroke Sculling Drills**Topic: Sidestroke****Activity:**

1. Have swimmers perform sculling on their side through two phases for the sidestroke pull:
 - catch phase (extended arm sculls from extension point toward the head, bending at the elbow); then
 - finishing phase (trailing arm sculls from stomach to extension point past the hips).

Title: Passing the Ball**Topic: Sidestroke****Activity:**

1. Empty a bucket of tennis balls (or other objects of similar size) in the water.
2. Have swimmers perform proper sidestroke, grabbing a ball with their extended arm, then passing it to the other arm (in mid-pull phase), and then letting it go toward their feet (finishing phase). This emphasizes the meeting and parting of the hands in the sidestroke.

Coordination and Timing**Title: Trip to the Moon—Coordination and Timing****Topic: Sidestroke****Activity:**

1. Have swimmers line up at the wall, ready to take off in a side glide position.
2. Tell the swimmers that they are going to take a trip to the moon.
3. Count down, “5, 4, 3, 2, 1 blast off,” and have swimmers launch themselves in a side glide, and then return to the wall.
4. Repeat the activity, except that once they’ve blasted off in a side glide, yell, “Boom!” This is a signal for swimmers to crunch up in a ball (when the launch rockets fall off), and then return to the wall.
5. Repeat the activity, except that once they’ve blasted off, have swimmers crunch up in a ball, recharge their engines with a scissor kick, and continue with their side glide.
6. Repeat the sequence continuously until they have completed a width of the pool.

SKILLS AND WATER SAFETY: Facility/Site Safety

Title: Rules Are Made...

Topic: Facility/Site Rules

Activity:

1. Show three pictures of rules being broken and one picture of a rule being followed (or vice versa).
2. Have swimmers identify which picture doesn't belong and why.

Title: Choo Choo Train (Variations: Bus Tour, Airplanes, Motorcycles)

Topic: Facility/Site Orientation and Active Supervision; When and Where to Swim

Activity:

1. Form a line with swimmers.
2. Designate one swimmer as an engine and one as a caboose.
3. Tour the facility/site and point out the important features, such as emergency exits, drop-offs, shallow end, deep end, first aid station, and phone.
4. Have swimmers identify where and with whom (e.g., parent/caregiver, Instructor) it is safe to swim.

Title: Stop Sign

Topic: Stop! Look! Ask! (Find the Adult)

Activity:

1. Hold up a stop sign and have swimmers stop at the water's edge.
2. Now have them tell you what they are looking for before they get in (caregiver/Instructor, objects in water, people in the way).

Title: Chop Chop Timber (Variation: Popcorn)

Topic: Stop! Look! Ask!

Activity:

1. Have swimmers line up along the edge of the pool.
2. Have swimmers curl up into a tree seedling.
3. Ask them what type of tree they are.
4. Splash them with water. Use your hands to symbolize the sun.
5. The swimmers will stretch up and grow into big trees.
6. Pretend to chop down each tree by calling out "Chop, chop, timber." When the tree is chopped, the swimmer jumps in.

Title: Safe/Sorry

Topic: When and Where to Swim; Facility/Site Rules

Activity:

1. Have swimmers line up along edge of the pool.
2. Call out a variety of facility-/site-specific safety rules or unsafe activities (e.g., you ran to your mother on deck, you looked for a lifeguard before you went in the water, you are still chewing gum).
3. Have swimmers yell "Sorry" if the activity is unsafe.
4. Swimmers yell "Safe" and jump in/enter the water if the activity is safe.

Title: Buddy Lesson

Topic: Supervision

Activity:

1. Have swimmers choose a buddy for the lesson (or their caregiver on caregivers' day).
2. Tell swimmers that every time you give an example of why they should swim with a buddy and be supervised by an adult (e.g., have fun, have someone to watch you, have someone to help you), they must hold their buddy's hand.
3. Continue this throughout the class.

Title: Finding the Fish

Topic: Facility/Site Orientation

Activity:

1. Establish a meeting place for the class.
2. Take pictures of a toy fish in the following locations and have the swimmers find these locations on the tour:
 - Deep and shallow locations
 - First aid and lifeguard station
 - Location of emergency equipment

Title: Weeds

Topic: Self-Safety; Dangers of Open Water

Activity:

1. Put pucks in the bottom of garbage bags (cut the top of the garbage bags in strips to simulate weeds) and let them sink into the shallow end to simulate weeds growing on the bottom.
2. Have swimmers swim through the weed garden.

3. Have swimmers swim through the weeds with a lot of thrashing and then very smoothly and slowly.

Title: Wave Machine

Topic: Self-Safety; Dangers of Open Water

Activity:

1. Have swimmers form a line, standing side by side in shallow water and facing the edge (about 1m away).
2. Have swimmers hold a kickboard lengthwise and push the water away from them (making a wave toward the edge).
3. Each swimmer in turn (with or without a kickboard) swims down the column of waves.
4. Discuss the dangers of waves.

Title: Whirlpool

Topic: Self-Safety; Dangers of Open Water

Activity:

1. Have swimmers hold hands in a circle in shallow water.
2. While they are holding hands, tell swimmers to begin to run in one direction.
3. When they have created an effective circular current, yell, "Swim," and have all swimmers try to swim against the current.
4. Discuss the dangers of currents and how hard it was to swim.

Title: Buoyant Objects

Topic: Buoyant Objects

Activity:

1. Divide the class into two teams and place a pile of buoyant and non-buoyant objects at one side of the pool.
2. Each team member takes turns moving through the water from point A to point B, bringing back one item that is buoyant.
3. The first team that collects the most buoyant objects is the winner.

Title: Personal Responsibility

Topic: Self-Safety; Wise Choices and Peer Influence

Activity:

1. Begin each lesson with this quick activity.
2. Describe a situation or tell a story (e.g., it is a surf day and your Frisbee goes in the water; your boat takes on water but you have your PFD/lifejacket).
3. Each swimmer describes what to do in that situation and gives a reason for that choice.

Title: Limitations

Topic: Self-Safety; Wise Choices and Peer Influence; Dangers of Open Water

Activity:

1. Use at least three lessons to cover these activities.
2. Identify different environments (e.g., waterfront, river, pool). Pair different hazards (e.g., surf, undertows, currents, weather changes) with the environment.
3. Identify the equipment available (e.g., ring buoy, tree branches, boat, dock, PFD/lifejacket) at each environment.
4. Have swimmers identify any activities they do in the environments that were discussed.
5. Have swimmers identify their personal abilities when they perform these activities.

Title: Too Hot to Handle

Topic: Sun Smart

Activity:

1. Have swimmers generate a list of warm outdoor places in their community.
2. Simulate a visit to each location. (Spread this activity out over a series of lessons—take one example for each lesson.)
3. When simulating a visit, review how to reduce exposure to heat and/or sun (e.g., use of sunscreen, sunglasses, hat).

SKILLS AND WATER SAFETY: Entries and Exits**Title: Entry Activities****Topic: Shallow Water Entries and Exits; Safe Entries and Exits****Activity:**

1. Have caregiver use these rhymes/jingles to enter the water:

Humpty Dumpty

Jack Be Nimble

Dyeing (dipping) the Easter Egg

Title: Flowers (Variations: Feathers, Dandelion Fluff, Stardust)**Topic: Shallow Water Entries and Exits; Safe Entries and Exits****Activity:**

1. Line up swimmers along the edge of the water.
2. Ask swimmers to pretend to grow as a flower, starting as small seeds.
3. You splash water on them; your hands symbolize sunlight.
4. Swimmers grow long and tall, and you pick them by helping them enter the water.

Title: Going on a Shark Hunt**Topic: Play and Songs****Activity:**

1. Have swimmers form a line in shallow water.
2. Sing the shark song and have the swimmers act out the skills.
3. Class echoes each line back to you:
Goin' on a shark hunt...
But I'm not afraid...
'Cause I know how to swim...
Uh, Oh...
We've come to deep water...
Can't go over it...
Can't go under it...
Can't go around it...
Got to go through it...
4. Choose other “obstacles” and repeat the song.

Title: Dolphins and Dinos**Topic: Self-Safety—Safe Diving****Activity:**

Note: This activity should be done in the deep end where depth is safe for diving.

1. Give swimmers various situations to analyze before they enter the water (e.g., shallow water, rocky bottom, windy conditions, unknown depth).
2. If the situation is safe for diving, swimmers yell out “Dolphins” and then dive into the pool.
3. If the situation is unsafe, swimmers yell out “Dinos” and stay on the deck.

Title: Diving**Topic: Kneeling Dive****Activity:**

1. Review proper techniques for kneeling dives and have swimmers practise.
2. Challenge swimmers to dive over a snake (water noodle) without touching it.
3. As the swimmers progress, challenge them to dive over more snakes.

Title: Target Dive**Topic: Kneeling Dive****Activity:**

1. Place a target (one for each swimmer) on the bottom of the pool.
2. Have swimmers point their hands toward the target as they dive in.

Title: Lost in Space**Topic: Disorienting Entries****Activity:**

1. Set out boundaries in chest-deep water to make sure swimmers are in an area that's not too shallow or too deep.
2. Choose one person to be the astronaut.
3. The astronaut must perform a forward somersault and a backward somersault with eyes closed, then try to tag the swimmers while keeping his or her eyes closed.
4. The first person tagged becomes the next astronaut.

Title: Overboard
Topic: Disorienting Entries

Activity:

1. Demonstrate a forward roll. Emphasize covering your head, tucking your head, and pushing away from the edge.
2. Spot swimmers as they practise. Have one hand on the back of their head (to protect their head and keep it tucked) and the other hand on the back of their legs (to make sure they push away from the edge).
3. Repeat #1 and #2 for the side roll.
4. Emphasize how these skills can help you recover from a fall into the water (from boat, dock edge, etc.).

Title: Discovering Your Stride
Topic: Stride Entry

Activity:

1. Have swimmers practise different ways to enter the water without letting their heads go underwater.
2. Have swimmers practise maximizing their surface area (spread arms and legs) as they enter the water.
3. Next, have swimmers minimize their surface area (bring arms and legs close to the body) as they enter.
4. Have swimmers practise taking large steps on land.
5. Have swimmers take large steps into the water. Emphasize that it's a step, not a jump.
6. Have swimmers take a large step using their maximum surface area.
7. Demonstrate a stride jump and have swimmers practise.

SKILLS AND WATER SAFETY: PFDs and Lifejackets

Title: Caterpillar (Variations: Train, Parade, Bus, Huddle)

Topic: PFD/Lifejacket and Me; Introduction to PFDs/Lifejackets

Activity:

1. Have swimmers put on a PFD/lifejacket and enter the water.
2. Have swimmers stand in line and hold the collar handle or shoulder of the PFD/lifejacket of the person in front.
3. Ask all swimmers to gently lean into a back float, still holding onto the PFD/lifejacket of the person in front, to form a "caterpillar."
4. Hold the first person and pull all swimmers through the water.
5. When you yell, "Spring," have all swimmers let go and float with arms and legs spread out to simulate the butterfly they have turned into.

Title: Kickboards/Corks/Ping-Pong balls

Topic: PFDs/Lifejackets, Deep Water

Activity:

1. Have each swimmer put on a PFD/lifejacket.

2. Spread out kickboards/corks/ping-pong balls of different colours in the deep water.
3. Ask swimmers to move out to kickboards/corks/ping-pong balls and try to pick up one and then return to edge. Have them swim out again for another colour. Repeat until they have each colour.

Title: The Boating Experience

Topic: How to Be a Safe Boater; Causes of Boating Incidents

Activity:

1. Provide "boating" experiences at various points in the lesson set. Examples may include going boating when a storm is coming (make big waves with kickboards); boating where there are many large, fast boats (Instructor whizzes by making large waves); swimming in currents; etc.
2. Have swimmers explain why the simulated situations (locations or times) may or may not be suitable for safe boating.

Strategy Resource Guide

Title: Musical Boating Equipment**Topic: Boating Regulations; How to Be a Safe Boater****Activity:**

1. Have swimmers stand in a circle in the water with required boating safety equipment in an inflatable boat in the centre, one item per swimmer: PFD/lifejacket, bailer, paddles, sound signal, first aid kit, fire extinguisher, throwing assist.
2. Tell swimmers to close their eyes while you remove one item.
3. Have swimmers circle items as the music plays and when the music stops, each swimmer grabs an item.
4. Swimmers yell out what item they have. The swimmer without an item says what is missing and why it is needed to remain in the circle.
5. Repeat with a different item removed. The focus should be on “why.”

Title: Boating Equipment Relay**Topic: Boating Regulations; How to Be a Safe Boater****Activity:**

1. Organize swimmers into two or three teams.

2. Place a pile of equipment opposite each team, 15m away. Each pile must contain some required boating equipment.
3. Have swimmers swim to the equipment, pick up a piece of equipment required by law for boating, and swim back with it on their stomach.
4. The relay finishes when one team brings back all the required boating equipment.

Title: Making a Float Plan**Topic: Boating Regulations****Activity:**

1. Explain this boating situation to swimmers: the boaters have equipment to check the weather but forgot their maps. They are lost. What else should they have done to prepare?
2. Have swimmers suggest what information needs to be in a float plan.
3. Use the float plan in Chapter 10, “Skills and Water Safety” in the *Red Cross Assistant Water Safety Instructor Manual*, and have each swimmer prepare one for the next lesson.
4. Spread these activities out over a number of lessons.

SKILLS AND WATER SAFETY: Stay Warm

Title: Igloo**Topic: Staying Warm****Activity:**

1. Ask swimmers if they know what igloos are and what they are used for.
2. Tell swimmers to pretend they are in the cold north.
3. On land, get them to bundle together for warmth. Lay towels overtop to make an igloo.
4. Ask them to describe how they feel now.

Title: Cooler and Ice**Topic: Staying Warm; Hypothermia****Activity:**

1. Ask swimmers to tie a shoelace with warm, dry hands.
2. Ask them how easy this activity is.

3. Now ask the swimmers to put a hand in a bucket of ice for a maximum of one minute. After one minute, ask them to tie the shoelace.
4. Discuss the differences between the two experiences.

Title: Warm HELP**Topic: Cold Water HELP/Huddle****Activity:**

1. Have swimmers put on their PFDs/lifejackets and get into deep water.
2. Have swimmers assume a HELP position, trying to stay still with their heads out of water. If they have trouble with this, tell swimmers they will roll to where their nose goes—so noses should point up and back.
3. After one minute, have swimmers stretch open like starfish. Ask what parts of their body felt cold first.

4. Discuss the importance of wearing a PFD/lifejacket in order to do HELP most efficiently.
5. Discuss the importance of using HELP to protect major areas of heat loss.

Title: The Great Huddle Chase

Topic: Cold Water HELP/Huddle

Activity:

1. Have swimmers put on PFDs/lifejackets and practise the Huddle position in deep water.
2. Designate a swimmer to swim and tap another swimmer on the head.
3. The two swimmers swim around the class huddle (either direction is OK). The last swimmer to get back to the empty spot must:
 - name a heat loss area; or
 - give an example of when one might get hypothermia.
4. Repeat this with two different swimmers.

Title: Kickboard Ice

Topic: When and Where to Go on Ice

Activity:

1. Use kickboards to show how thick ice may be.
2. Ask swimmers to pile up kickboards until they think the ice is thick enough for different winter ice activities.
3. Measure the thickness of the kickboards with a ruler.

4. Confirm that swimmers are correct (or incorrect) in how thick they think the ice should be.
5. Repeat exercise for a different ice activity (e.g., skating or snowmobiling).

Title: Pin the Tail on the Hot Spot

Topic: Hypothermia

Activity:

1. Use the same rules as for “Pin the Tail on the Donkey.”
2. Place swimmers in teams.
3. Each time a team member hits a “hot spot” (head, neck, underarms, sides of chest, groin), their team gets a point.
4. The team with the most points wins.

Title: Moving Ice

Topic: When and Where to Go on Ice

Activity:

1. Half fill a pan with water. Add ice cubes so that the ice appears solid on the top.
2. Place a toy on the ice so it balances and is “safe.”
3. Gently start to move the water underneath with a finger along the edge of the pan. Make sure swimmers notice how the ice moves and how the toy is “unsafe.”
4. Review the dangers of weak ice and how to recognize it.
5. Ask how swimmers could help a buddy in that situation. What equipment would they need?

SKILLS AND WATER SAFETY: Rescue

Self-Rescue Skills

Buoyant Objects

Title: The Buoyant Choice

Topic: Buoyant Objects; Throwing Assist Without a Line

Activity:

1. Place a variety of buoyant and nonbuoyant objects in shallow water (at least one per swimmer).
2. Have the swimmers try to support themselves on the object.
3. Call, “Switch,” and then have them move to a different object.

4. Repeat this until they have tried three or four objects.
 5. Review which objects can best support them safely.
- Note: This can also be used as a weight transfer activity.

Title: Dolphins and Whales

Topic: Weight Transfer

Activity:

1. Demonstrate dolphin dives to swimmers (start in the water, push off from the bottom, and dive back down towards the bottom). Emphasize the bend at the hips and head/chin tuck to reach the

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bottom. Safety first: Make sure that the swimmers' hands are above their head.

2. Have swimmers practise the dolphin dives.
3. Demonstrate a whale wagging its fin (jump high out of the water, wiggle in the air, and land on your side). Emphasize landing on your side.
4. Have swimmers practise the whale wagging.

Title: Garden Party

Topic: Weight Transfer

Activity:

1. Tell swimmers to pick up a hockey puck from the side and pretend it is a seed (swimmers decide what kind of flower they are planting).
2. Have swimmers go underwater and place the puck on the bottom in shallow water to plant the seed.
3. Have swimmers do log rolls to pack earth down.
4. Have swimmers splash to water the seeds.
5. Have swimmers go underwater to pick the flower (hockey puck) off the bottom.

Title: All Hands on Deck

Topic: Weight Transfer

Activity:

1. You are the captain of the ship and shout out orders.
2. Make sure the swimmers know what action to perform for each order:
 - Planes—everyone goes underwater.
 - Torpedo—everyone does a front glide with flutter kick.
 - Submarine—everyone sits on the bottom.
 - Dive for pearls—everyone picks up a ring from the bottom.
 - All hands on deck —everyone swims as fast as they can back to the deck.

Note: This can also be used as a weight transfer and change direction activity.

Change Direction

Title: What Time Is It, Mr. Shark? (Variation: PFDs/lifejackets)

Topic: Change Direction in Shallow Water

Activity:

1. Play “What Time Is It, Mr. Shark?”

2. Have the swimmers push forward from bottom in a glide position each time you say what time it is.
3. If you say that it is lunchtime, the swimmers glide back toward the wall. Do not turn your back on the swimmers during this activity.

Title: Crabs and Crocodiles (Variations: Choose Own Team Names)

Topic: Change Direction in Shallow Water

Activity:

1. Divide swimmers into two teams.
2. Have the teams line up, facing each other, about 15m apart (be sure each team is an equal distance from the edge).
3. One team is named the crocs, and the other team is named the crabs. Both teams begin by swimming toward each other.
4. When you yell out “Crocs,” all the crocs swim back to their side and the crabs try to touch them.
5. Any croc who is touched becomes a crab and joins the other team.
6. When you yell out “Crabs,” the crocs chase the crabs to their side.
7. The game ends when all swimmers have joined one team.

Title: Water Spaniels

Topic: Change Direction in Shallow Water; Weight Transfer

Activity:

1. Sink objects underwater a short distance from the edge.
2. Have swimmers pretend to swim like a dog, face in the water, looking for buried bones, and swim back to the edge.
3. Swimmers retrieve the bones and swim back to the edge.

Title: Survivor

Topic: Deep Water Activities; Sitting Dive, Change Direction, Return to Safety

Activity:

1. String a rope from ladder to ladder across chest-deep water or deep water and attach balloons to the rope.
2. The swimmers must swim out, touch the balloon, and swim back.

3. You can adapt this by having swimmers begin with a sitting dive and then swim on their front going there and on their back while returning.

Title: Hot Potato
Topic: Surface Support

Activity:

1. Have swimmers tread water in a circle.
2. Have swimmers pass a ball from one person to another.
3. When you call, “Stop,” the swimmer with the ball must perform a skill (e.g., bob five times, do a front float).

Title: Baseball Tread
Topic: Tread Water

Activity:

1. Choose a pitcher and two batters; the rest of the swimmers are fielders.
2. Position the batter in shallow water and others in the deep water.
3. When the batter hits the ball with a kickboard, he or she swims to the base without being touched by a swimmer with the ball.
4. When the batter is caught, he or she switches places with the person who touched him or her.

Title: Treading Volleyball
Topic: Tread Water

Activity:

1. Place swimmers in two teams and designate the volleyball court in deep water.
2. Explain the rules:
 - Only three hits per team before sending the ball over
 - No spiking
 - No one can hit the ball more than twice in a row
3. The objective is for both teams to keep the ball in the air as long as possible.

Title: Deep Water Handstands
Topic: Head-First Surface Dive

Activity:

1. Have swimmers practise handstands in shallow water (about waist-deep to chest-deep water).

2. Then have swimmers swim a few strokes (any stroke is OK), before doing each handstand.
3. Gradually have swimmers doing their strokes and handstands in deep water.

Title: Surface Dive
Topic: Feet-First Surface Dive

Activity:

1. Have swimmers practise treading water with their arms out to their sides at the surface.
2. Have swimmers practise pushing their arms straight down their sides. Their shoulders should rise above the water’s surface.
3. Have swimmers push down with their hands and kick their legs together to rise higher above the water.
4. Tell swimmers to keep their hands at their side and legs together after the push and kick, until they sink.

Title: Puck Pile
Topic: Head-First Surface Dive; Feet-First Surface Dive

Activity:

1. Divide the group into equal teams and give each team a pile of hockey pucks.
2. Each team member then picks up a puck and does a surface dive to the bottom, building a stack of pucks on the bottom.
3. The team with the highest pile of pucks after a certain time wins.

Title: Rescue Breathing Treasure
Topic: Head-First Surface Dive; Feet-First Surface Dive

Activity:

1. Drop objects with rescue breathing steps on them to the bottom.
2. Have swimmers swim and dive for one object at a time and bring them back.
3. Once all objects have been gathered, they must arrange the objects in the correct rescue breathing order.

SKILLS AND WATER SAFETY: Rescue of Others—Wet***Distressed Swimmers*****Title:** Single and Struggling**Topic:** Distressed Swimmer Recognition and Simulation**Activity:**

1. Demonstrate a weak or tired swimmer, an injured swimmer, and a nonswimmer.
2. Choose two swimmers from your class. Have them stand on deck facing the class. Make sure they do not hear your directions to the rest of the group.
3. Instruct each swimmer in the water to simulate an injured swimmer, a weak or tired swimmer, or a nonswimmer.
4. Have the swimmers in the water simulate their assigned swimmer on your signal.
5. Have the two swimmers on deck identify which swimmer is simulating which distressed swimmer.
6. Repeat rotating the other swimmers in the class.

Contacting EMS**Title:** EMS/9-1-1**Topic:** When and How to Get Help; EMS/9-1-1**Activity:**

1. Set up three or four stations around the pool edges.
2. Caregivers must travel to each station with their child doing either a front tow or back tow.
3. At each station, have a card with either a simulation or question regarding the topic of “When and How to Get Help.”
4. Caregivers come up with solutions or answers and share answers with the group once everyone has visited each station.

Title: Broken Telephone**Topic:** EMS/9-1-1**Activity:**

1. Prepare three EMS/9-1-1 scripts. Two of the scripts are missing one or two pieces of important information such as location of the emergency, number of injured people, the caller’s name, or telephone number the caller is calling from, etc. The third script is complete.
2. Read one EMS/9-1-1 script to the swimmers.

3. Discuss what information was missing and the impact it might have.
4. Repeat for the second and third scripts.

Throwing Assists**Title:** Throw Safe**Topic:** Throwing Assist with a Line**Activity:**

1. Have swimmers practise throwing assists with a line. Ask them to identify what problems the line can cause for the rescuer.
2. Have swimmers develop solutions to the line problems.
3. Ask swimmers what actions can be unsafe during a rescue.
4. Have swimmers develop safe solutions for the rescuer.

Reaching Assists**Title:** Reaching Assist**Topic:** Reaching Assist with Rescue Equipment**Activity:**

1. Review throwing an assist with and without a line.
2. Ask swimmers to show you what they might do if a struggling swimmer were close to the edge.
3. Have swimmers try different ways of performing a reaching assist (e.g., standing up, sitting down, lying down).
4. Have swimmers explain which reaching assist was the safest for them.
5. Review with the swimmers how to perform a safe reaching assist.

Ice Safety**Title:** Popsicle Seals**Topic:** Self-Rescue: Fall Through Ice**Activity:**

1. Show swimmers pictures of hand ice picks that are used for self-rescue on ice, and then explain how to use them.
2. Have swimmers practise moving like a seal on land (e.g., on stomach, wiggling forward using forearms or hands).

3. In the water, pile up buoyant equipment in a semicircle.
4. Have swimmers take turns wiggling like a seal on the equipment to simulate a self-rescue.
5. Have swimmers incorporate kicking, rolling, and pulling to safety.

SKILLS AND WATER SAFETY: Rescue of Others—Dry

Title: Survey the Scene

Topic: Rescue Breathing, Adult and Child

Activity:

1. Teach swimmers this poem to chant to remember to check for hazards during the initial assessment of an unconscious person:
No gas, no glass
No fire, no wire
Look up, look down
Look all around
And sniff (sniffing sound is made)
2. Ask swimmers why the items in these chants can be dangerous. Why should they sniff?

Title: Obstructed Airway Charades

Topic: Mild and Severe Airway Obstruction

Activity:

1. Take several pieces of paper and write one reason on each piece of paper why someone would stop breathing or be choking.

2. Have a swimmer choose one piece of paper and then act out that reason in the shallow water.
3. Have other swimmers guess the reason.

Title: Rescue Breathing

Topic: Complications of Rescue Breathing

Activity:

1. Put swimmers in partners and give each set of partners the basic steps of rescue breathing on strips of paper.
2. Have swimmers put these in the correct order.
3. Give swimmers the complications that may occur during rescue breathing.
4. Swimmers must figure out how to adapt to these complications.
5. Swimmers perform the steps for review.

SKILLS AND WATER SAFETY: Making Wise Choices

Title: Wise Choices

Topic: Wise Choices and Peer Influences

Activity:

1. Have swimmers in the water holding onto a water noodle.
2. Ask question related to risk factors, for example:
 - Have you ever gone in a boat without a PFD or lifejacket?
 - Have you ever seen adults drinking while boating?
 - Did you ever dive into unknown or shallow water?
 - Have you been in or around the water without adult supervision?
3. If the swimmers answer “Yes” to any of the questions, they give up their water noodles, and tread water or do a back float. If they answer “No,” they keep their water noodles or get them back. You can play this game as well.
4. Wrap up this activity by quoting statistics in the drowning report that relate to the questions you asked earlier.

Title: Safety Knowledge

Topic: Ice Rescue from Safe Zone

Activity:

1. Have swimmers generate a list of different injuries/incidents that could occur during an ice activity.

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2. Have swimmers explain why these injuries/incidents might happen.
3. Have swimmers list ways to prepare to avoid these injuries/incidents.
4. Review the Prepare! items, including ice rescue equipment.

Title: In the News

Topic: Wise Choices and Peer Influence

Activity:

1. Begin a news-clipping file. Cut out and file articles and pictures on water-related incidents.
2. Have a “News Splash” each week: read a small portion of the article and relate it to the drowning statistics.
3. Consider displaying the articles on a bulletin board.

4. Ask swimmers to look for information about water safety and bring it to class for discussions.
5. Have swimmers discuss how the incident in the news could have been prevented.

Title: Who am I?

Topic: Next Steps

Activity:

1. Have swimmers name occupations in aquatics/water safety (e.g., Assistant Water Safety or Water Safety Instructors, Red Cross Lifeguard, First Aid Instructor).
2. For each occupation, create a flow chart that illustrates how to receive training.
3. Review one occupation during each class.

FITNESS ACTIVITIES

Title: Fishy in the Middle (Variations: Sharks, Mermaids, etc.)

Topic: Distance Swim

Activity:

1. Have swimmers form a circle in shallow water and place one swimmer in the centre.
2. The class moves in a circle while singing the song:
Fishy in the middle
Fishy in the sea
Fishy in the ocean
Try to swim free.
3. When the song ends, the swimmer in the centre must swim out and change places with another swimmer.
4. You may place more than one “fish” in the centre at a time.

Note: This activity should be assisted in RCSK 1 and 2.

Title: Red, Yellow, Green Light

Topic: Distance Swim

Activity:

1. Have swimmers form a line facing you.
2. Explain the signals:
 - Red light = stop and stand up

- Yellow light = legs only

- Green light = arms and legs

3. The swimmers must swim toward you and try to tag you. When they tag you, the game starts again.
4. You call the signals to the swimmers.

Title: Red Rover

Topic: Distance Swim

Activity:

1. Identify each child as a whale or dolphin.
2. Call “Red rover, red rover, we call the whales over,” or “Red rover, red rover, we call the dolphins over.”
3. When you call the whales, all the “whales” must swim over to the opposite side of the space identified. Then call the dolphins next.
4. Build the swimmers’ endurance by increasing distances and decreasing rest times.

Title: Silly Strokes

Topic: Distance Swim

Activity:

1. Have swimmers start swimming a basic stroke, and then yell out an adaptation such as the following:
 - Pretend you are going under a bridge!

- Keep your right arm dry!
 - Show off your bathing suit!
 - Keep your face out of the water!
2. Swimmers must swim the designated distance without touching the bottom. Start with a shorter distance and increase to the required distance.

Title: Treasure Hunt

Topic: Distance Swim

Activity:

1. Create a treasure hunt.
2. Have swimmers stand at the edge of the pool, yell, “Stop! Look! Ask! (here I come),” jump in the water, swim on their front to the buried treasure (which you’re holding in your hands), retrieve the object, and return to the “ship.”

Title: The Sponge Relay

Topic: Distance Swim

Activity:

1. Position your class in teams. Each team should be across from a bucket and sponge, which are placed on land. Make sure the distance between the bucket and sponge is between 5m and 15m.
2. Have swimmers swim one or two at a time to the sponge, get it wet, and squeeze it into the bucket. The swimmers then swim back.
3. The winning team is the one that fills the bucket first.

Title: Obstacle Course

Topic: Distance Swim

Activity:

1. Set up an obstacle course using a variety of equipment (e.g., swim through hoop, under a PFD/lifejacket, over a water noodle).
2. Demonstrate how to move through the obstacle course, then have swimmers swim the course.
3. Let swimmers develop their own obstacle course in later lessons.

Title: Choose a Stroke

Topic: Distance Swim

Activity:

1. Organize swimmers into two teams. The teams face each other in the water.

2. Instruct them to swim front crawl away from each other. On your signal, they turn and swim back toward each other.
3. The first swimmer to reach the starting point chooses the next stroke.

Title: Pyramid

Topic: Distance Swim

Activity:

1. Have swimmers start with a 25m swim followed by a 15-second rest, then a 50m swim followed by a 15-second rest, and continue, until you have reached the desired distance for the level. Once you have reached the desired distance, reverse the order and start reducing the distance, back down to 25m.
2. Once swimmers are comfortable with this, reduce the amount of rest in each lesson, until they are completing the distance all at once with no rest in between.
3. Suggest that the swimmers start with a stroke of their choice and mix up the strokes. Once they are comfortable with this, have the swimmers attempt the pyramid with the same stroke throughout.

Title: Intervals

Topic: Distance Swim

Activity:

1. Have swimmers perform 6×25m using the stroke of their choice, with a 15-second rest in between.
2. In the next lesson, decrease the rest to 10 seconds, then 5 seconds in the following lesson.
3. Finally, have the swimmers perform this continuously, without any rest.
4. Once they are comfortable with this, then have them perform the distance with the same stroke

Variation: Have them choose their most difficult stroke.

Title: Stroke Combo

Topic: Distance Swim

Activity:

1. Have swimmers list the different ways they can swim (e.g., dolphin kick, front and back crawl, breast stroke).
2. Have swimmers put together the arm action from one stroke with the leg action from another (e.g., dolphin kick and breast stroke pull).

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3. Have swimmers experiment with different combinations.

Kicking Drills

Note: These drills can be adapted and used for the developing swimmer and swimming strokes as well.

Title: Signal Kick

Topic: Flutter Kick

Activity:

1. Have swimmers kick with a kickboard at a slow-moderate pace, then kick as fast as they can when you signal (wave a kickboard, yell “faster”).
2. Have swimmers continue kicking hard until you signal again, which means they can return to slow-moderate kicking.
3. Keep repeating the above steps.
4. The type of kick, the duration between signals, and the duration of the drill is up to you.

Title: Pyramid/Crescendo Kicking Drills

Topic: Flutter Kick

Activity:

1. Have swimmers begin kicking at a slow pace, and then increase the pace with each distance until they reach their peak pace. After reaching their peak, swimmers slowly decrease the pace with each remaining distance, for example, 5×10m—first slow, second medium, third fast, fourth medium, and fifth slow.
2. You can let swimmers rest between sets and let them use a buoyant object, if you choose.
3. You can use this drill for:
 - front glide with kick,
 - back glide with kick,
 - side glide with kick, and
 - a combination of glides, switching with every new repetition.

Title: Dolphin Kick on Back

Topic: Dolphin Kick

Activity:

1. Have swimmers perform hard dolphin kick on their back with their arms at their sides. This strengthens their body core.

2. You can have swimmers slowly raise their arms above the water or above their head toward the end of the drill to increase difficulty.

Title: Vertical Flutter Kick or Dolphin Kick

Topic: Flutter Kick; Dolphin Kick

Activity:

1. Have swimmers flutter kick or dolphin kick in a vertical position in the water.
2. Shout out instructions to increase or decrease the intensity of their kick.
3. To make the activity more difficult, have swimmers hold their arms above their head, or have them kick for longer.
4. To make the activity more enjoyable, have swimmers pass an object around in a circle as they kick. Use weighted objects to increase the difficulty.

Eggbeater

Note: These drills can be adapted and used for the surface support items and swimming strokes as well.

Title: Poolside Eggbeater

Topic: Eggbeater

Activity:

1. Have swimmers sit on edge of pool with their feet over edge as they practise proper eggbeater kick.
2. This position allows you to physically manipulate their feet through the proper motion.

Title: Water Noodle Eggbeater

Topic: Eggbeater

Activity:

1. Have swimmers sit on a water noodle while practising proper eggbeater kick, using the water noodle to assist with buoyancy. Sitting on a water noodle allows swimmers to see how well they're achieving a proper form.

Title: Weighted Eggbeater

Topic: Eggbeater

Activity:

1. Have swimmers perform the eggbeater kick in a vertical position while holding a weighted object for increased difficulty.

2. This activity can be performed in a group as well, where the object is passed from person to person.
3. You can increase difficulty by increasing the weight of the object and/or how long swimmers hold the object.

Travelling Legs

Title: Travelling Eggbeater (Variations: Scissor Kick, Whip Kick, Dolphin Kick, Flutter Kick)

Topic: Travelling, Legs Only

Activity:

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

Title: Airport Drill

Topic: Travelling, Legs Only

Activity:

1. Have swimmers pretend that they are following the runway at the airport. When you give a signal, they start off using the legs-only method of their choice.
2. When you signal again, they change to a different method and follow your directional cues.
3. Have swimmers change at least three or four times.

Title: Dolphin Swim

Topic: Dolphin Kick

Activity:

1. In the shallow end of the pool (where everyone can stand), have swimmers push off from the bottom of the pool, jump up swinging their arms through a butterfly arm motion, and dive back down into the water with their arms extended and head tucked down.

Title: Door Hinge

Topic: Dolphin Kick

Activity:

1. Have swimmers perform the dolphin kick pretending their hips are a door hinge, while keeping their legs and upper body stiff.

2. Now tell them to perform the dolphin kick using the wave motion instead.

Title: Slo-Mo (Variation: Any Stroke)

Topic: Dolphin Kick

Activity:

1. Have swimmer perform a dolphin kick over a certain distance in slow or super slow motion.
2. Have swimmers imagine themselves on a videotape being played back in slow motion, with every movement perfect.
3. Have swimmers begin movements at the head with exaggerated “yes” nods of the head, finishing with whips of the lower legs.
4. Arms can be outstretched or beside the body.
5. Dolphin action can then be sped up, gradually working toward “fast forward.”

Legs

Title: Dolphin Kick—Arms Extended

Topic: Dolphin Kick

Activity:

1. Have swimmers perform proper dolphin kick with their arms extended in front, without an aid. The extension of the arms helps to maintain a proper streamlined body position, and kicking without an aid helps to bring the entire body through a dolphin motion.

Title: Scuba Kick

Topic: Dolphin Kick

Activity:

1. Have swimmers perform a proper dolphin kick with arms extended (with or without an aid) on their front with fins. Fins help strengthen the kick and assist in achieving proper dolphin motion in kick.

Title: Underwater Dolphin Kick

Topic: Dolphin Kick

Activity:

1. Have swimmers perform dolphin kick underwater with arms extended to help maintain a streamlined body position and to help use the entire body to perform a dolphin motion.

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Title: Belly and Bottoms (Variation: Head and Hips)

Topic: Dolphin Kick

Activity:

1. Have swimmers stand in shallow water; tell them to push their hips forward and say, “Bellies,” then pull their hips backward and say, “Bottoms.”
2. Have swimmers practise each dolphin kick in the water starting each motion at the head and finishing at the feet.
3. Have them use “bellies and bottoms” as their cue.

Title: Dolphin

Topic: Dolphin Kick

Activity:

1. Have swimmers practise a front glide with their arms by their sides.
2. Now have them repeat the front glide with arms at their side, this time moving their heads toward the bottom.
3. Have swimmers do the front glide moving their head toward the bottom, then back toward the surface. Identify this as a dolphin motion.
4. Have the swimmers move through the water using their heads and bending at the hips.
5. Ask them to gradually increase the frequency of the bending and decrease the depth of the bending.
6. Have swimmers put their arms in front of heads and repeat this sequence.

Title: Corkscrew Kick

Topic: Dolphin Kick

Activity:

1. Have swimmers perform a series of dolphin kicks (2, 3, 4...) on their front, then on one side, then on their back, then on their other side, then back to the front.
2. When kicking on the side, swimmers should move forward in a straight path. If they move in a crooked or diagonal fashion, this means that their undulation is unbalanced (e.g., kicking down harder than kicking up, or vice versa).
3. Have swimmers focus on dolphin up and down, so that the kick is balanced.
4. This drill can be done at various speeds (slow motion to fast forward).
5. Arms can be outstretched or beside body.

Title: Side Dolphin

Topic: Dolphin Kick

Activity:

1. Have swimmers do a dolphin kick on the side with the hands back at the thighs. This works both directions of the kick.
2. Option: Have swimmers extend the arm closest to the bottom of the pool and place the other arm at their side.
3. To work back flexibility, try this drill in a streamlined position.