



Outcomes: Be comfortable in water, able to use life jacket, call for help, and get to side of pool (Roll/Tread 1 min/Swim 50meters) LJ = Life jacket

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Intro to water/pool</p> <ul style="list-style-type: none"> • Lifeguards, entry/exit points • Shallow/deep end • Rules of the pool/water • How to put on a life jacket /PFD/belt <p>Entering the water</p> <ul style="list-style-type: none"> • Shallow end, can use extra floor for kids • Holding on to side, with life jackets • Getting face wet, blowing bubbles, submerging • Floating while holding side (front & back) 	<p>Getting into pool (LJ)</p> <ul style="list-style-type: none"> • Sliding in from the side • Climbing in with the ladder • Jumping in <p>Floating</p> <ul style="list-style-type: none"> • Floating on back (assisted)- no LJ first, then if needed put on • Floating on front with head up (or down) • Rolling from front to back/back to front <p>Safety</p> <ul style="list-style-type: none"> • Putting life jacket on quickly in water • Grabbing life jacket/aid and kicking • Calling for help <p>Treading</p> <ul style="list-style-type: none"> • While holding side, practice bicycle kick • Tread for 15 sec 	<p>Jumping in</p> <ul style="list-style-type: none"> • Jump in holding instructor/side • Jump in unassisted <p>Floating/push off wall</p> <ul style="list-style-type: none"> • Float on front/back LJ • Float on back no life jacket • Float on front no life jacket • Rocketship (on land & water) • Push off wall in rocket ship on back (5m) • Push off wall in rocket ship on front (5m) <p>Kicking</p> <ul style="list-style-type: none"> • Flutter on front, holding kickboard (10m) • Flutter on front, holding life jacket (10m) • Flutter on back, with life jacket (10m) • Flutter on back, no life jacket (10m) <p>Treading</p> <ul style="list-style-type: none"> • Support body for 30 sec 	<p>Review floats & rockets</p> <ul style="list-style-type: none"> • Float on front/back and roll with LJ • Float on back no life jacket • Rockets off wall on front and back (5m) <p>Review kick</p> <ul style="list-style-type: none"> • Flutter on front & back with kickboard (10m) <p>Eggbeater/Tread</p> <ul style="list-style-type: none"> • Learn on land • 30 sec in shallow end • Visit deep end, enter water and tread for 30 sec (LJ or not) <p>Jumping/rolling</p> <ul style="list-style-type: none"> • Jump in holding instructor • Jump in unassisted • Jump in deep end unassisted • Jump in and kick to wall • Front roll in water/off wall in shallow • Side roll in water/off wall in shallow 	<p>Review float & kicking</p> <ul style="list-style-type: none"> • Float on front & back no LJ • Push off wall and kick front/back (10m) <p>Eggbeater/Treading</p> <ul style="list-style-type: none"> • In shallow, moving backwards (5m) • In deep, tread for 45 sec • Put on life jacket while treading/calling for help <p>Jumping</p> <ul style="list-style-type: none"> • Jump in deep • Jump in and tread 30 sec • Roll in (your choice) in deep end and tread 30 sec <p>Elementary backstroke</p> <ul style="list-style-type: none"> • Whip kick (on land, then in water) • Arms (penguin, chicken, eagle) • Keeping head above water • Push off wall & swim 15m 	<p>Review floats/kick</p> <ul style="list-style-type: none"> • Push off and kick front/back (10m) <p>Eggbeater</p> <ul style="list-style-type: none"> • In deep, tread for 1 minute • Jump in and tread for 30 sec • Roll in on front or side <p>Elementary backstroke</p> <ul style="list-style-type: none"> • Review arms and kick • Rocket on back, swim 15m <p>Breaststroke/Doggy paddle</p> <ul style="list-style-type: none"> • Teach arms, and timing • Practice keeping head up <p>Safety</p> <ul style="list-style-type: none"> • Review water safety • Ice safety (with mats) • Practice calling for help <p>Swim to survive</p> <ul style="list-style-type: none"> • Jump/roll into water • Tread for 1 min • Swim 50m (or as far as they can)