

**Preschool Aquatics Level 3**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>
<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Staying safe around water</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Recognizing an emergency</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Don't Just Pack It, Wear Your Jacket</li> </ul>	<p><b>Safety Topic</b></p> <ul style="list-style-type: none"> <li>• Too Much Sun Is No Fun</li> </ul>
<p><b>Opening Activity/ Review Skills</b></p> <ul style="list-style-type: none"> <li>• Follow the Leader</li> <li>• Level 2 exit skills</li> </ul>	<p><b>Opening Activity/ Review Skills</b></p> <ul style="list-style-type: none"> <li>• Bounce across the swim lesson area and back while practicing rhythmic breathing</li> <li>• Enter water by jumping from side</li> <li>• Bobbing—fully submerge head and hold breath</li> </ul>	<p><b>Opening Activity/ Review Skills</b></p> <ul style="list-style-type: none"> <li>• Ring Around the Rosie</li> <li>• Float independently in a face-down position and recover (front, jellyfish and tuck floats)</li> </ul>	<p><b>Opening Activity/ Review Skills</b></p> <ul style="list-style-type: none"> <li>• Simon Says</li> <li>• Float independently in a face-down position and recover (front, jellyfish and tuck floats)</li> <li>• Combined arm and leg actions on front</li> </ul>
<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Enter water by jumping from side</li> <li>• Bobbing—fully submerge head and hold breath</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Float independently in a face-down position (front, jellyfish and tuck floats)</li> <li>• Recover from a front float to vertical position</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Combined arm and leg actions on front</li> </ul>	<p><b>New Skills</b></p> <ul style="list-style-type: none"> <li>• Back float and recover</li> <li>• Back glide, independently</li> <li>• Combined arm and leg actions on back</li> </ul>
<p><b>Game/Song</b></p> <ul style="list-style-type: none"> <li>• Sharks and Minnows</li> </ul>	<p><b>Game/Song</b></p> <ul style="list-style-type: none"> <li>• "London Bridge"</li> </ul>	<p><b>Game/Song</b></p> <ul style="list-style-type: none"> <li>• Big Bad Wolf Race</li> </ul>	<p><b>Game/Song</b></p> <ul style="list-style-type: none"> <li>• Simon Says</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• <i>Swim Lessons Achievement Booklets</i>, as needed</li> <li>• Preschool Aquatics Level 3 newsletters</li> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Submersible water toys</li> <li>• Swim bar floats</li> <li>• Foam noodles</li> <li>• Kickboard</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Life jackets</li> <li>• Don't Just Pack It, Wear Your Jacket poster</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Kickboards</li> <li>• Foam noodles</li> <li>• Swim bar floats</li> <li>• Too Much Sun Is No Fun poster</li> </ul>

## Day 2

<b>Equipment</b>		<b>Reminders</b>	
<ul style="list-style-type: none"> <li>• Submersible water toys</li> <li>• Swim bar floats</li> <li>• Foam noodles</li> <li>• Kickboards</li> </ul>		<ul style="list-style-type: none"> <li>• Review “Parent and Child Aquatics and Preschool Aquatics Images, Games, Songs and Rhymes” and “Teaching Activities, Drills and Games” on Instructor’s Corner.</li> </ul>	
<b>Time</b>	<b>Activity</b>	<b>Key Words/Phrases</b>	<b>Class Organization</b>
<b>Housekeeping</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Review last lesson</li> </ul>		
<b>Safety Topic</b>			
4 minutes	<ul style="list-style-type: none"> <li>• Recognizing an emergency</li> </ul>	<ul style="list-style-type: none"> <li>• When in doubt, shout it out”</li> </ul>	<ul style="list-style-type: none"> <li>• Circle, on deck</li> </ul>
<b>Opening Activity/Review Skills</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Bounce across the swim lesson area and back while practicing rhythmic breathing</li> </ul>	<ul style="list-style-type: none"> <li>• “Bounce up and down”</li> <li>• “Hum”</li> <li>• “Breathe”</li> </ul>	<ul style="list-style-type: none"> <li>• Wave</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Enter water by jumping in from side</li> </ul>	<ul style="list-style-type: none"> <li>• “Feet first”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
2 minutes	<ul style="list-style-type: none"> <li>• Bobbing—fully submerge</li> </ul>	<ul style="list-style-type: none"> <li>• “Hum”</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger</li> </ul>
<b>New Skills</b>			
10 minutes	<ul style="list-style-type: none"> <li>• Float, independently, in a face-down position               <ul style="list-style-type: none"> <li>○ Front float</li> <li>○ Jellyfish float</li> <li>○ Tuck float</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Jellyfish, turtle, Superman”</li> <li>• “Superman, turtle, jellyfish, stand”</li> <li>• “Pancake, turtle, stand”</li> </ul>	
4 minutes	<ul style="list-style-type: none"> <li>• Recover from a front float to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• “Plant your feet”</li> <li>• “Stand up”</li> </ul>	
<b>Game/Song</b>			
2 minutes	<ul style="list-style-type: none"> <li>• “London Bridge”</li> </ul>		<ul style="list-style-type: none"> <li>• 2 teams</li> </ul>
<b>Closing</b>			
2 minutes	<ul style="list-style-type: none"> <li>• Thank participants for their attention and participation</li> <li>• Offer positive reinforcement of what they did well</li> <li>• Review lesson</li> <li>• Announcements for next lesson</li> </ul>		<ul style="list-style-type: none"> <li>• Circle</li> </ul>