

Water Discovery Overview

LESSON GUIDE A.1



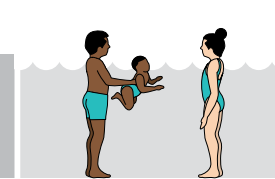
Warm-up Blow bubbles, on surface, assisted



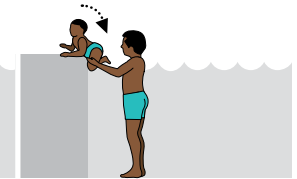
No skills to **review**



Introduce & sequence Front tow, chin in water, assisted / Water exit, parent & child together

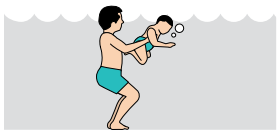


Topic A.1 Ask Permission



Wrap-up Water entry, parent & child together

LESSON GUIDE A.2



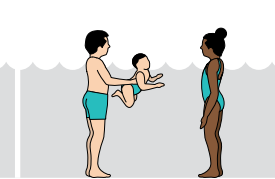
Warm-up Blow bubbles, on surface, assisted



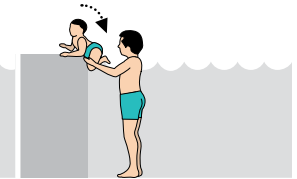
Review Front tow, chin in water, assisted / Water exit, parent & child together



Introduce & sequence Back float, assisted, head on shoulder / Roll, assisted



Topic A.2 Swim Attire



Wrap-up Water entry, parent & child together

LESSON GUIDE A.3



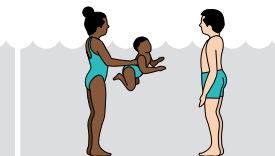
Warm-up Blow bubbles, on surface, assisted



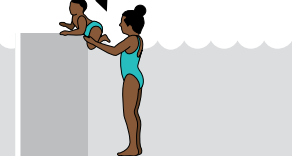
Review Back float, assisted, head on shoulder / Roll, assisted



Introduce & sequence Front tow, chin in water, assisted / Roll, assisted



Topic A.3 Safe Swim Area



Wrap-up Water entry, parent & child together

LESSON GUIDE A.4



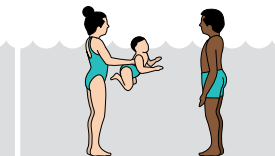
Warm-up Blow bubbles, on surface, assisted



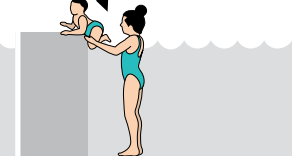
Review Front tow, chin in water, assisted / Roll, assisted



Introduce & sequence Front float, chin in water, assisted / Back tow, assisted, head on shoulder



Topic A.4 Lifeguards



Wrap-up Water entry, parent & child together

Water Discovery Overview continued

LESSON GUIDE A.5



Warm-up Blow bubbles,
on surface, assisted

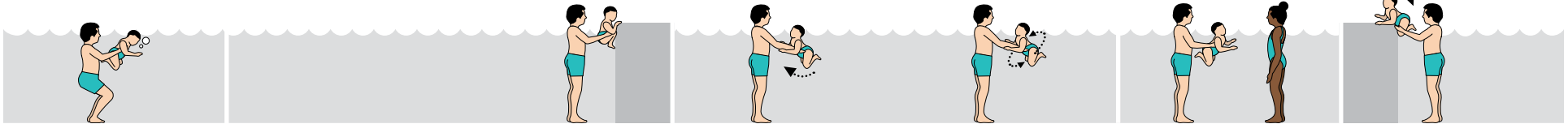
Review Front float, chin in water, assisted /
Back tow, assisted, head on shoulder

Introduce & sequence Wall grab, assisted

Topic A.5 Drowning

Wrap-up Water entry,
parent & child together

LESSON GUIDE A.6



Warm-up Blow bubbles,
on surface, assisted

Review Wall grab, assisted

Introduce & sequence Any skill

Topic A.6 Life Jackets

Wrap-up Water entry,
parent & child together

LESSON GUIDE A.7



Warm-up Blow bubbles,
on surface, assisted

Review Any skill

Introduce & sequence Any skill

Topic A.7 Rescue
Breathing

Wrap-up Water entry,
parent & child together

LESSON GUIDE A.8



Warm-up Blow bubbles,
on surface, assisted

Review Any skill

Introduce & sequence Any skill

Topic A.8 Backyard
Pools

Wrap-up Group game

Water Exploration Overview

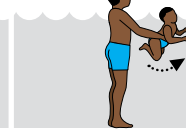
LESSON GUIDE B.1



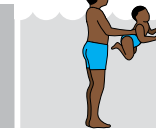
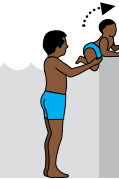
Warm-up Blow bubbles, mouth & nose submerged, assisted



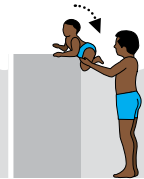
No skills to **review**



Introduce & sequence Front tow, blow bubbles, assisted / Water exit, assisted

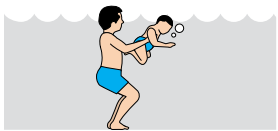


Topic B.1 Ask Permission

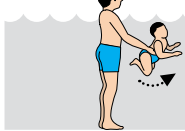


Wrap-up Water entry, assisted

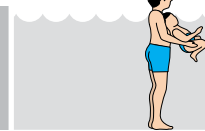
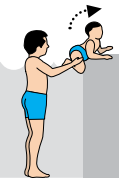
LESSON GUIDE B.2



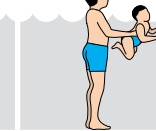
Warm-up Blow bubbles, mouth & nose submerged, assisted



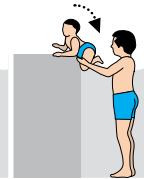
Review Front tow, blow bubbles, assisted / Water exit, assisted



Introduce & sequence Back float, assisted, head on chest / Roll, assisted



Topic B.2 Swim Attire



Wrap-up Water entry, assisted

LESSON GUIDE B.3



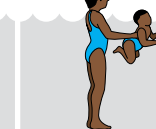
Warm-up Blow bubbles, mouth & nose submerged, assisted



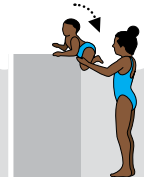
Review Back float, assisted, head on chest / Roll, assisted



Introduce & sequence Front tow, blow bubbles, assisted / Roll, assisted



Topic B.3 Safe Swim Area



Wrap-up Water entry, assisted

LESSON GUIDE B.4



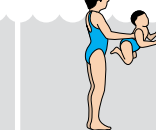
Warm-up Blow bubbles, mouth & nose submerged, assisted



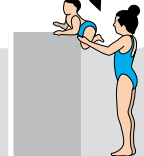
Review Front tow, blow bubbles, assisted / Roll, assisted



Introduce & sequence Front float, blow bubbles, assisted / Back tow, assisted, head on chest



Topic B.4 Life Jackets



Wrap-up Water entry, assisted

Water Exploration Overview continued

LESSON GUIDE B.5



Warm-up Blow bubbles, mouth & nose submerged, assisted

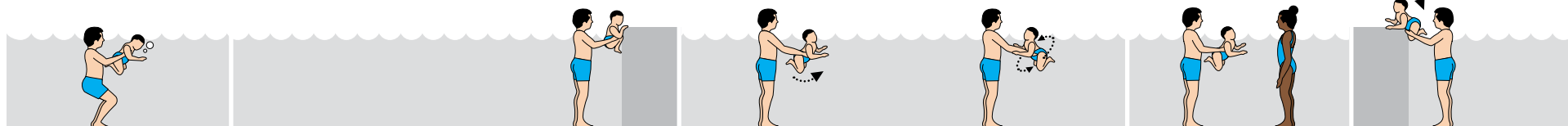
Review Front float, blow bubbles, assisted / Back tow, assisted, head on chest

Introduce & sequence Monkey crawl, assisted, on edge, 5 ft.

Topic B.5 Reach or Throw, Don't Go

Wrap-up Water entry, assisted

LESSON GUIDE B.6



Warm-up Blow bubbles, mouth & nose submerged, assisted

Review Monkey crawl, assisted, on edge, 5 ft.

Introduce & sequence Any skill

Topic B.6 Hypothermia

Wrap-up Water entry, assisted

LESSON GUIDE B.7



Warm-up Blow bubbles, mouth & nose submerged, assisted

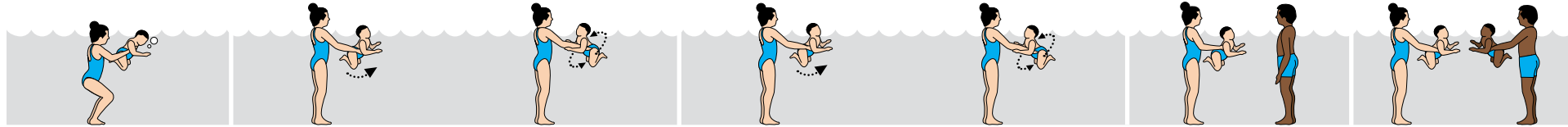
Review Any skill

Introduce & sequence Any skill

Topic B.7 Choking

Wrap-up Water entry, assisted

LESSON GUIDE B.8



Warm-up Blow bubbles, mouth & nose submerged, assisted

Review Any skill

Introduce & sequence Any skill

Topic B.8 Beaches

Wrap-up Group game

Water Acclimation Overview

LESSON GUIDE 1.1



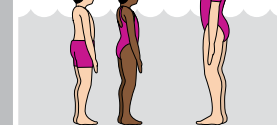
Warm-up Submerge, bob independently



No skills to review



Introduce & sequence Front glide, assisted, to wall, 5 ft. / Water exit, independently

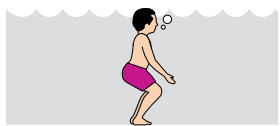


Topic 1.1 Building Relationships



Wrap-up Jump, push, turn, grab, assisted

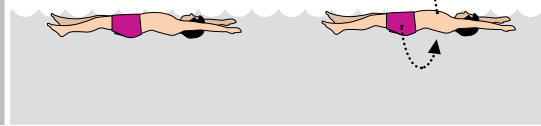
LESSON GUIDE 1.2



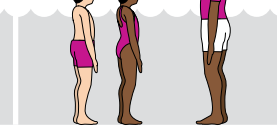
Warm-up Submerge, bob independently



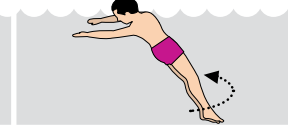
Review Front glide, assisted, to wall, 5 ft. / Water exit, independently



Introduce & sequence Back float, assisted, 10 secs., recover independently / Roll, assisted



Topic 1.2 The Y's Core Values

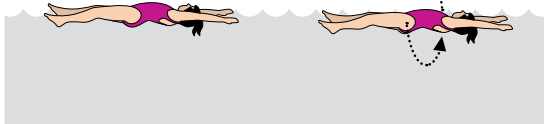


Wrap-up Jump, push, turn, grab, assisted

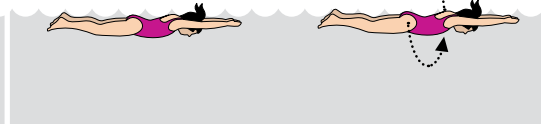
LESSON GUIDE 1.3



Warm-up Submerge, bob independently



Review Back float, assisted, 10 secs., recover independently / Roll, assisted



Introduce & sequence Front glide, assisted, to wall, 5 ft. / Roll, assisted

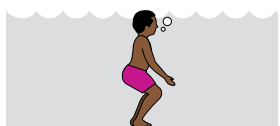


Topic 1.3 Lifeguards

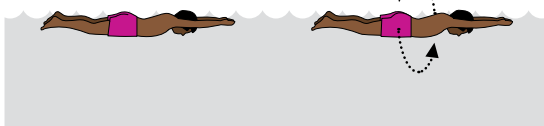


Wrap-up Jump, push, turn, grab, assisted

LESSON GUIDE 1.4



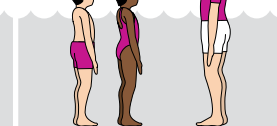
Warm-up Submerge, bob independently



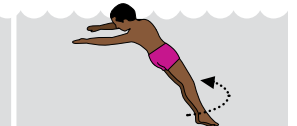
Review Front glide, assisted, to wall, 5 ft. / Roll, assisted



Introduce & sequence Front float, assisted, 10 secs., recover independently / Back glide, assisted, at wall, 5 ft.



Topic 1.4 Benchmark Skills



Wrap-up Jump, push, turn, grab, assisted

Water Acclimation Overview continued

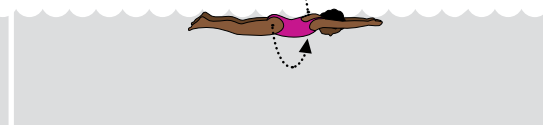
LESSON GUIDE 1.5



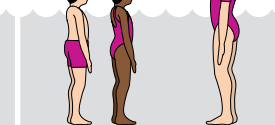
Warm-up Submerge, bob independently



Review Front float, assisted, 10 secs., recover independently / Back glide, assisted, at wall, 5 ft.



Introduce & sequence Any skill

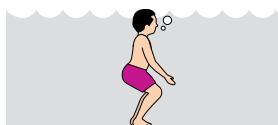


Topic 1.5 Supervision

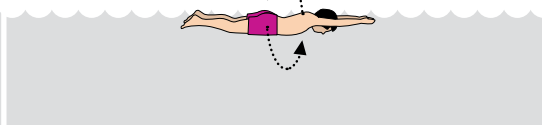


Wrap-up Jump, push, turn, grab, assisted

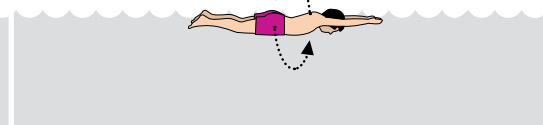
LESSON GUIDE 1.6



Warm-up Submerge, bob independently



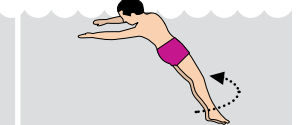
Review Any skill



Introduce & sequence Any skill



Topic 1.6 Reach or Throw, Don't Go

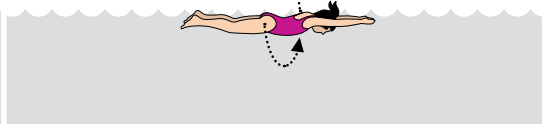


Wrap-up Jump, push, turn, grab, assisted

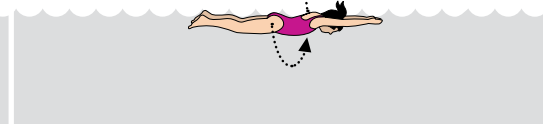
LESSON GUIDE 1.7



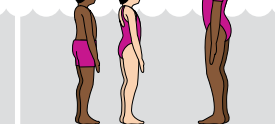
Warm-up Submerge, bob independently



Review Any skill



Introduce & sequence Swim, float, swim, assisted, 10 ft., with life jacket

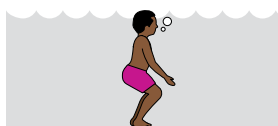


Topic 1.7 Life Jackets

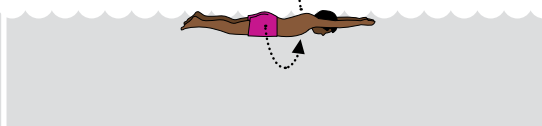


Wrap-up Jump, push, turn, grab, assisted

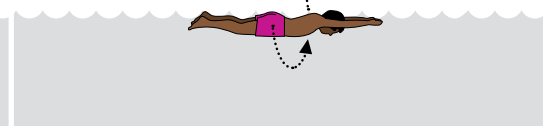
LESSON GUIDE 1.8



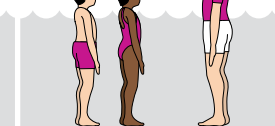
Warm-up Submerge, bob independently



Review Any skill



Introduce & sequence Any skill



Topic 1.8 Safe Swim Area



Wrap-up Group game

Water Movement Overview

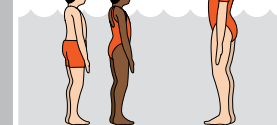
LESSON GUIDE 2.1



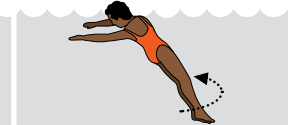
Warm-up Submerge, look at object on bottom



Introduce & sequence Front glide, 10 ft. (5 ft. preschool) / Water exit, independently

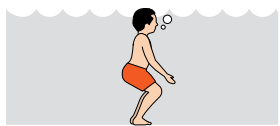


Topic 2.1 Building Relationships



Wrap-up Jump, push, turn, grab

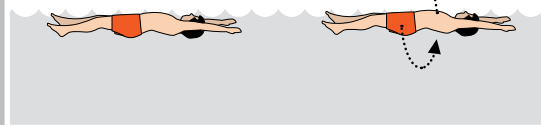
LESSON GUIDE 2.2



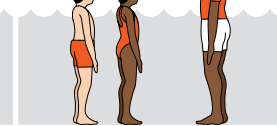
Warm-up Submerge, look at object on bottom



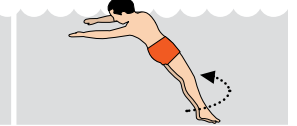
Review Front glide, 10 ft. (5 ft. preschool) / Water exit, independently



Introduce & sequence Back float, 20 secs. (10 secs. preschool) / Roll



Topic 2.2 The Y's Core Values

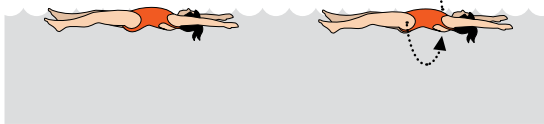


Wrap-up Jump, push, turn, grab

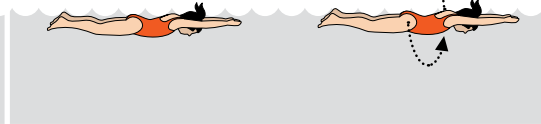
LESSON GUIDE 2.3



Warm-up Submerge, look at object on bottom



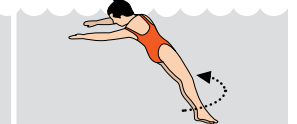
Review Back float, 20 secs. (10 secs. preschool) / Roll



Introduce & sequence Front glide, 10 ft. (5 ft. preschool) / Roll



Topic 2.3 Find Help

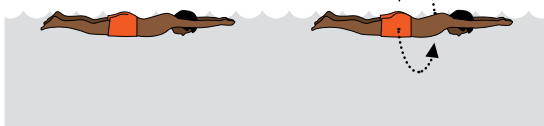


Wrap-up Jump, push, turn, grab

LESSON GUIDE 2.4



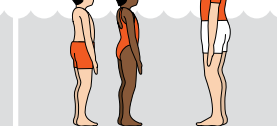
Warm-up Submerge, look at object on bottom



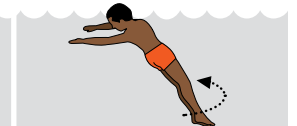
Review Front glide, 10 ft. (5 ft. preschool) / Roll



Introduce & sequence Front float, 20 secs. (10 secs. preschool) / Back glide, 10 ft. (5 ft. preschool)



Topic 2.4 Benchmark Skills



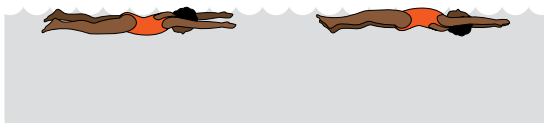
Wrap-up Jump, push, turn, grab

Water Movement Overview continued

LESSON GUIDE 2.5



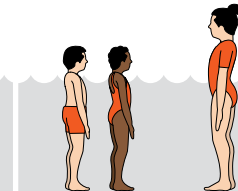
Warm-up Submerge, look at object on bottom



Review Front float, 20 secs. (10 secs. preschool) / Back glide, 10 ft. (5 ft. preschool)



Introduce & sequence Tread water, 10 secs., near wall, & exit



Topic 2.5 Supervision



Wrap-up Jump, push, turn, grab

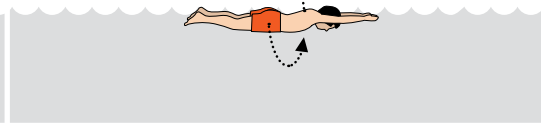
LESSON GUIDE 2.6



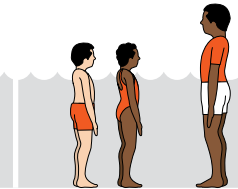
Warm-up Submerge, look at object on bottom



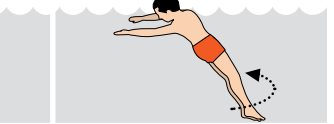
Review Tread water, 10 secs., near wall, & exit



Introduce & sequence Swim, float, swim, 5 yd., with life jacket



Topic 2.6 Life Jackets

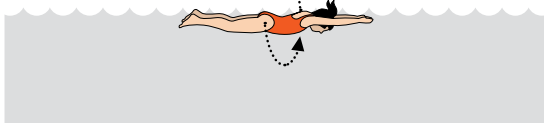


Wrap-up Jump, push, turn, grab

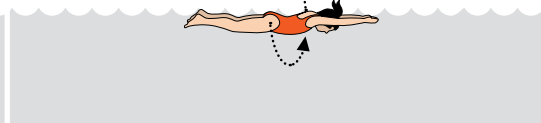
LESSON GUIDE 2.7



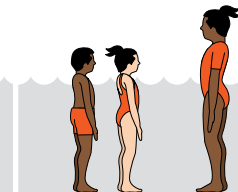
Warm-up Submerge, look at object on bottom



Review Any skill



Introduce & sequence Any skill



Topic 2.7 Reach or Throw, Don't Go

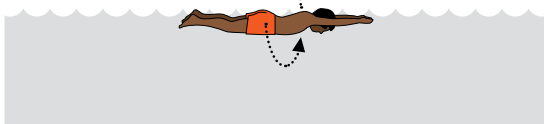


Wrap-up Jump, push, turn, grab

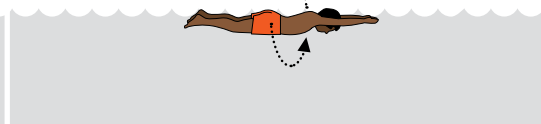
LESSON GUIDE 2.8



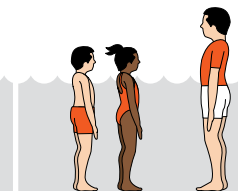
Warm-up Submerge, look at object on bottom



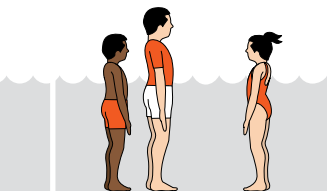
Review Any skill



Introduce & sequence Any skill



Topic 2.8 Backyard Pools



Wrap-up Group game

Water Stamina Overview

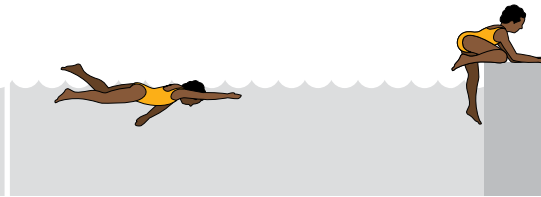
LESSON GUIDE 3.1



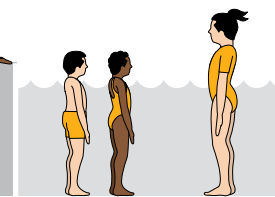
Warm-up Submerge, retrieve object in chest-deep water



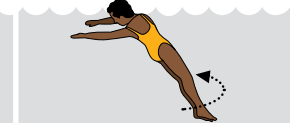
No skills to review



Introduce & sequence Swim on front, 15 yd. (10 yd. preschool) / Water exit, independently



Topic 3.1 Building Relationships

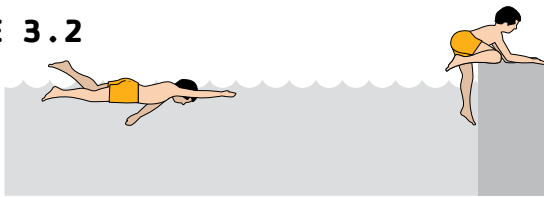


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

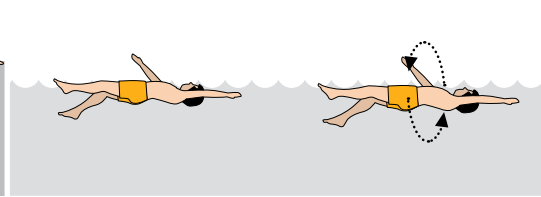
LESSON GUIDE 3.2



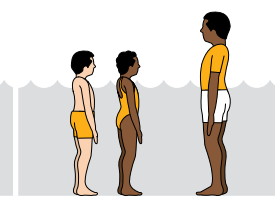
Warm-up Submerge, retrieve object in chest-deep water



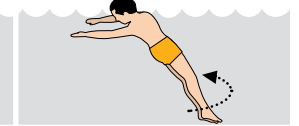
Review Swim on front, 15 yd. (10 yd. preschool) / Water exit, independently



Introduce & sequence Swim on back, 15 yd. (10 yd. preschool) / Roll



Topic 3.2 The Y's Core Values

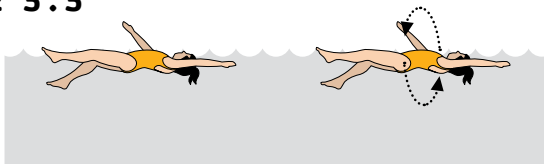


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

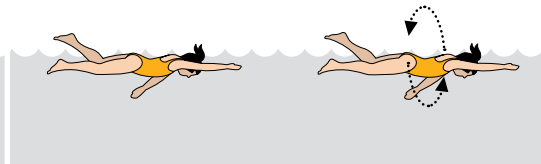
LESSON GUIDE 3.3



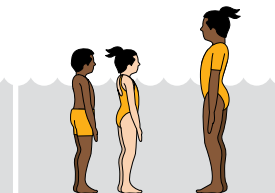
Warm-up Submerge, retrieve object in chest-deep water



Review Swim on back, 15 yd. (10 yd. preschool) / Roll



Introduce & sequence Swim on front, 15 yd. (10 yd. preschool) / Roll



Topic 3.3 Sun Safety

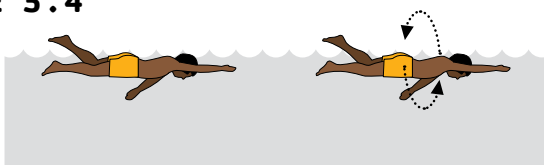


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

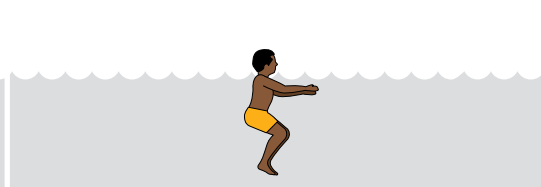
LESSON GUIDE 3.4



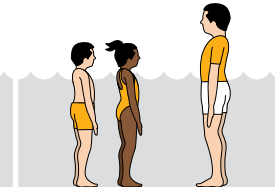
Warm-up Submerge, retrieve object in chest-deep water



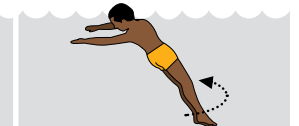
Review Swim on front, 15 yd. (10 yd. preschool) / Roll



Introduce & sequence Tread water, 1 min. & exit (30 secs. preschool)



Topic 3.4 Benchmark Skills



Wrap-up Jump, swim, turn, swim, grab, 10 yd.

Water Stamina Overview continued

LESSON GUIDE 3.5



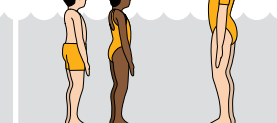
Warm-up Submerge, retrieve object in chest-deep water



Review Tread water, 1 min. & exit (30 secs. preschool)



Introduce & sequence Swim, float, swim, 25 yd. (15 yd. preschool), with life jacket



Topic 3.5 Life Jackets

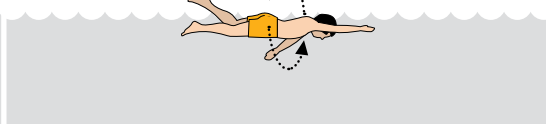


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

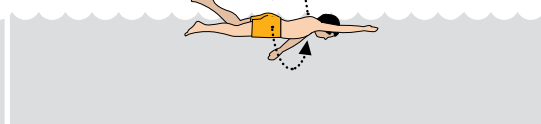
LESSON GUIDE 3.6



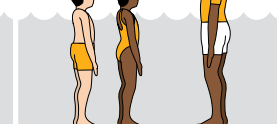
Warm-up Submerge, retrieve object in chest-deep water



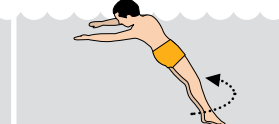
Review Any skill



Introduce & sequence Any skill



Topic 3.6 Supervision

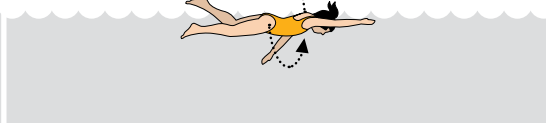


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

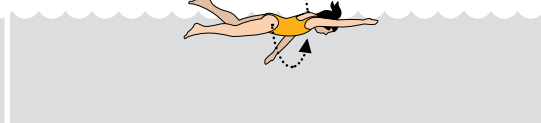
LESSON GUIDE 3.7



Warm-up Submerge, retrieve object in chest-deep water



Review Any skill



Introduce & sequence Any skill

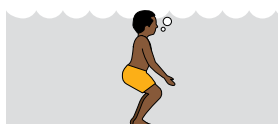


Topic 3.7 Call 911

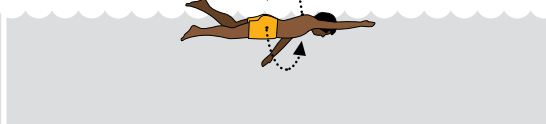


Wrap-up Jump, swim, turn, swim, grab, 10 yd.

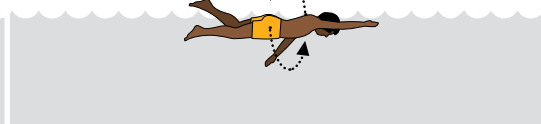
LESSON GUIDE 3.8



Warm-up Submerge, retrieve object in chest-deep water



Review Any skill



Introduce & sequence Any skill



Topic 3.8 Pool Drains



Wrap-up Group game

Stroke Introduction Overview

LESSON GUIDE 4.1



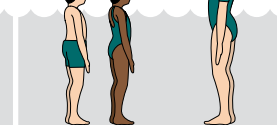
Warm-up Submerge,
5–10 bobs



No skills to **review**



Introduce & practice Front crawl, rotary
breathing, 15 yd. / Back crawl, 15 yd.



Topic 4.1 Weather

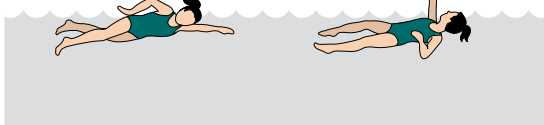


Wrap-up Dive, sitting

LESSON GUIDE 4.2



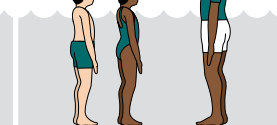
Warm-up Submerge,
5–10 bobs



Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Resting stroke, elementary
backstroke, 15 yd.



Topic 4.2 First Aid

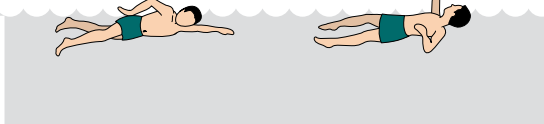


Wrap-up Dive, sitting

LESSON GUIDE 4.3



Warm-up Submerge,
5–10 bobs



Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Tread water, scissor &
whip kick, 1 min.



Topic 4.3 Hypoxic
Blackout

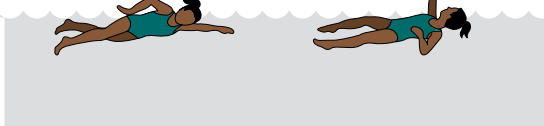


Wrap-up Dive, sitting

LESSON GUIDE 4.4



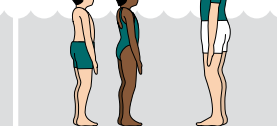
Warm-up Submerge,
5–10 bobs



Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Breaststroke, kick, 15 yd.



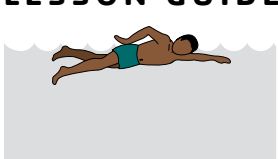
Topic 4.4 Open Water



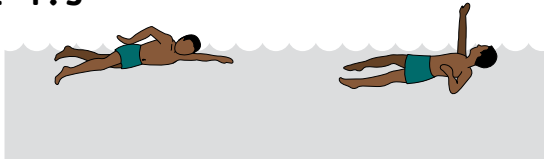
Wrap-up Dive, sitting

Stroke Introduction Overview continued

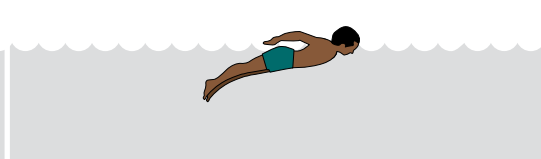
LESSON GUIDE 4.5



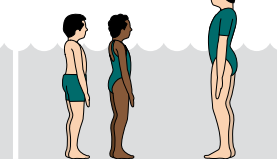
Warm-up Endurance,
25 yd.



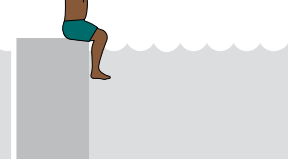
Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Butterfly, kick, 15 yd.

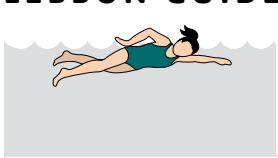


Topic 4.5 Goal Setting

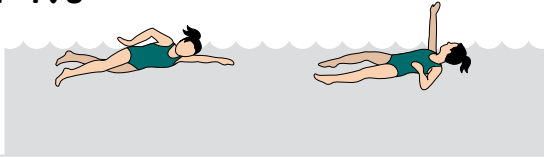


Wrap-up Dive, sitting

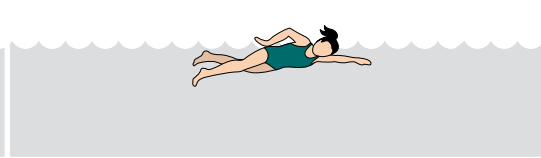
LESSON GUIDE 4.6



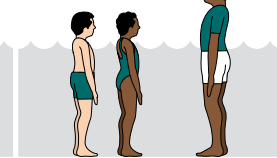
Warm-up Endurance,
25 yd.



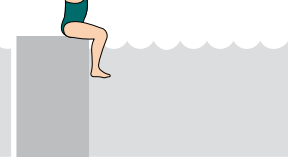
Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Any skill

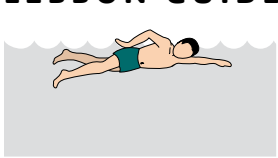


Topic 4.6 Heart Rate

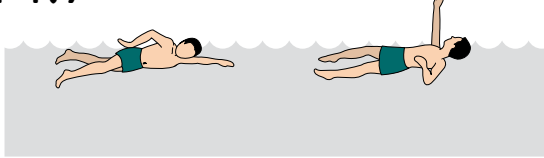


Wrap-up Dive, sitting

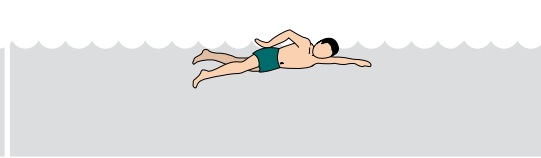
LESSON GUIDE 4.7



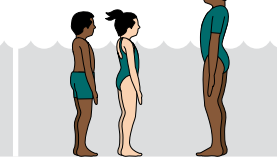
Warm-up Endurance,
25 yd.



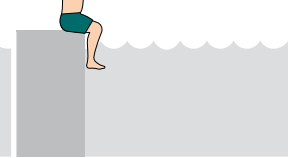
Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Any skill

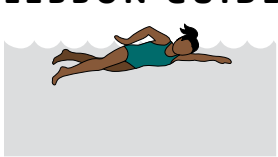


Topic 4.7 Nutrition

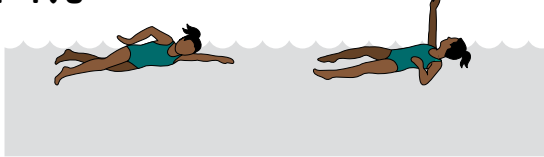


Wrap-up Dive, sitting

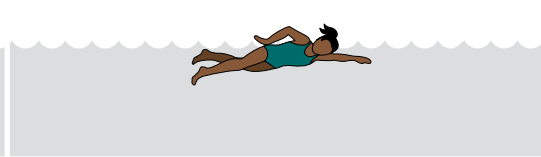
LESSON GUIDE 4.8



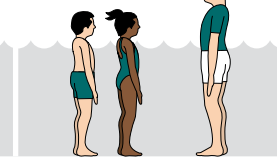
Warm-up Endurance,
25 yd.



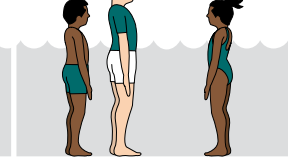
Review Front crawl, rotary breathing, 15 yd. /
Back crawl, 15 yd.



Introduce & practice Any skill



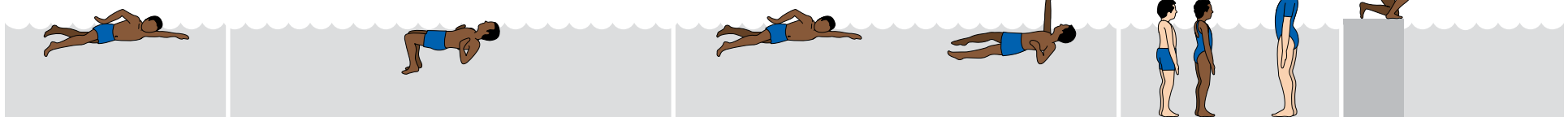
Topic 4.8 Boating



Wrap-up Group game

Stroke Development Overview

LESSON GUIDE 5.1



Warm-up Endurance, 50 yd.

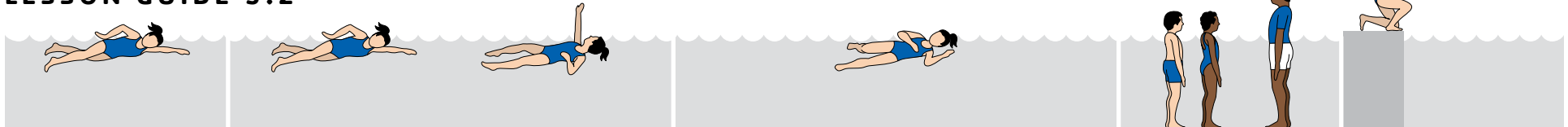
Review Resting stroke, elementary backstroke, 15 yd.

Introduce & practice Front crawl, bent-arm recovery, 25 yd. / Back crawl, pull, 25 yd.

Topic 5.1 HELP Technique

Wrap-up Dive, kneeling

LESSON GUIDE 5.2



Warm-up Endurance, 50 yd.

Review Front crawl, bent-arm recovery, 25 yd. / Back crawl, pull, 25 yd.

Introduce & practice Resting stroke, sidestroke, 25 yd.

Topic 5.2 Shock

Wrap-up Dive, kneeling

LESSON GUIDE 5.3



Warm-up Endurance, 50 yd.

Review Resting stroke, sidestroke, 25 yd.

Introduce & practice Tread water, scissor & whip kick, 2 mins.

Topic 5.3 Hypoxic Blackout

Wrap-up Dive, kneeling

LESSON GUIDE 5.4



Warm-up Endurance, 50 yd.

Review Tread water, scissor & whip kick, 2 mins.

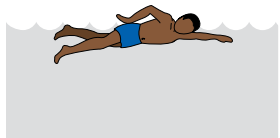
Introduce & practice Breaststroke, 25 yd.

Topic 5.4 Huddle Position

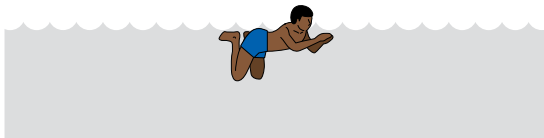
Wrap-up Dive, kneeling

Stroke Development Overview continued

LESSON GUIDE 5.5



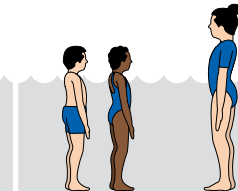
Warm-up Endurance,
50 yd.



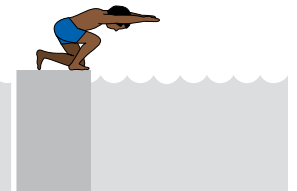
Review Breaststroke, 25 yd.



Introduce & practice Butterfly, simultaneous
arm action & kick, 15 yd.

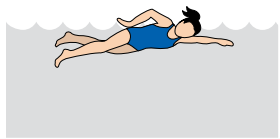


Topic 5.5 Goal Setting

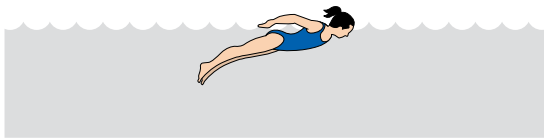


Wrap-up Dive, kneeling

LESSON GUIDE 5.6



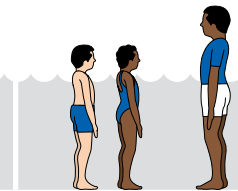
Warm-up Endurance,
50 yd.



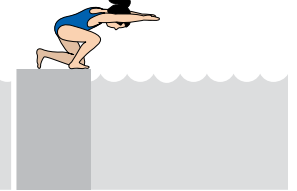
Review Butterfly, simultaneous arm action &
kick, 15 yd.



Introduce & practice Any skill

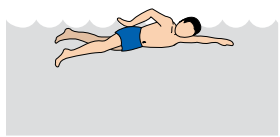


Topic 5.6 Abdominal
Thrusts



Wrap-up Dive, kneeling

LESSON GUIDE 5.7



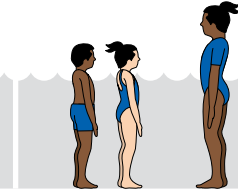
Warm-up Endurance,
50 yd.



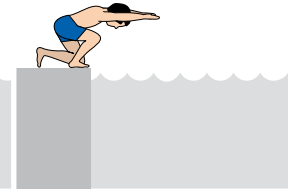
Review Any skill



Introduce & practice Any skill

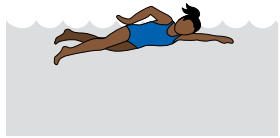


Topic 5.7 Rest &
Relaxation



Wrap-up Dive, kneeling

LESSON GUIDE 5.8



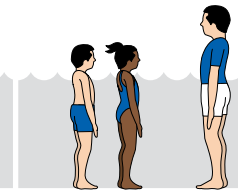
Warm-up Endurance,
50 yd.



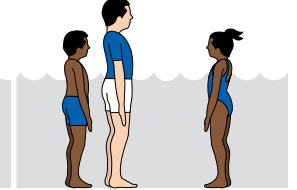
Review Any skill



Introduce & practice Any skill



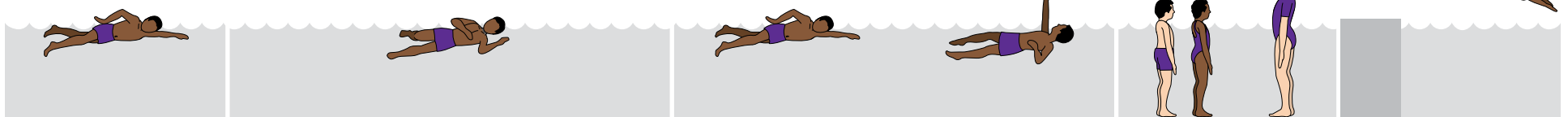
Topic 5.8 Water Parks



Wrap-up Group game

Stroke Mechanics Overview

LESSON GUIDE 6.1



Warm-up Endurance, 150 yd.

Review Resting stroke, sidestroke, 25 yd.

Introduce & practice Front crawl, flip turn, 50 yd. / Back crawl, pull & flip turn, 50 yd.

Topic 6.1 Hypothermia

Wrap-up Dive, standing

LESSON GUIDE 6.2



Warm-up Endurance, 150 yd.

Review Front crawl, flip turn, 50 yd. / Back crawl, pull & flip turn, 50 yd.

Introduce & practice Resting stroke, elementary backstroke or sidestroke, 50 yd.

Topic 6.2 Rescue Breathing

Wrap-up Dive, standing

LESSON GUIDE 6.3



Warm-up Endurance, 150 yd.

Review Resting stroke, elementary backstroke or sidestroke, 50 yd.

Introduce & practice Tread water, retrieve object off bottom, tread 1 min.

Topic 6.3 Hypoxic Blackout

Wrap-up Dive, standing

LESSON GUIDE 6.4



Warm-up Endurance, 150 yd.

Review Tread water, retrieve object off bottom, tread 1 min.

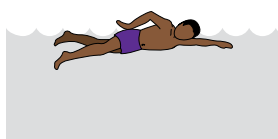
Introduce & practice Breaststroke, open turn, 50 yd.

Topic 6.4 Benchmark Skills

Wrap-up Dive, standing

Stroke Mechanics Overview continued

LESSON GUIDE 6.5



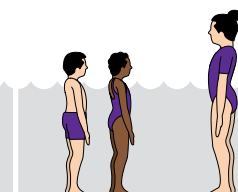
Warm-up Endurance,
150 yd.



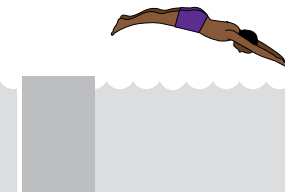
Review Breaststroke, open turn, 50 yd.



Introduce & practice Butterfly, 25 yd.

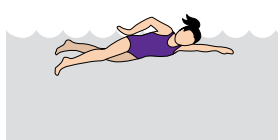


Topic 6.5 Goal Setting



Wrap-up Dive, standing

LESSON GUIDE 6.6



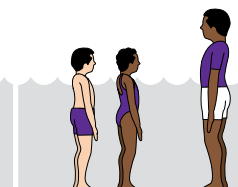
Warm-up Endurance,
150 yd.



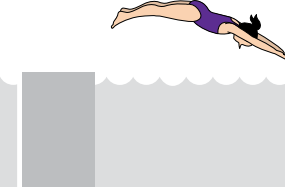
Review Butterfly, 25 yd.



Introduce & practice Any skill



Topic 6.6 CPR



Wrap-up Dive, standing

LESSON GUIDE 6.7



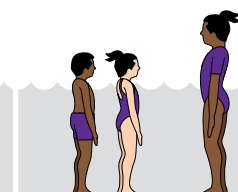
Warm-up Endurance,
150 yd.



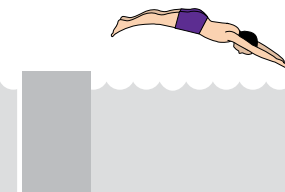
Review Any skill



Introduce & practice Any skill



Topic 6.7 Physical
Activity



Wrap-up Dive, standing

LESSON GUIDE 6.8



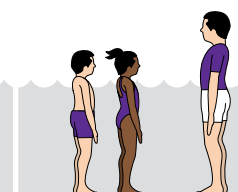
Warm-up Endurance,
150 yd.



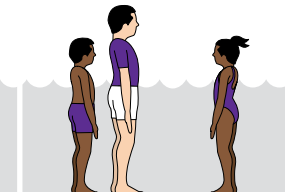
Review Any skill



Introduce & practice Any skill



Topic 6.8 Cramps



Wrap-up Group game