

Preschool 1 - Puffer Fish

Entries and Exits:

Enter and exit the water safely

- Instructor encourages Stop! Look! Wait! whenever entering the water, instructor always gets in the water first
- Child enters the water safely after asking permission from the instructor—they should explore different ways to get into and out of the water: using ladders, slipping in, wading in, jumping in, etc.

Underwater Skills:

Face in water

- Child gets face wet by pouring water over head, washing their face etc.
- Child puts their face in the water fully, holding their breath, for 3 sec.

Opens eyes underwater

- Child is encouraged to open their eyes while their face is in the water, without goggles
- Child should be comfortable putting their face in the water
- Can use shapes and/or coloured objects for the child to look at underwater

Blow bubbles in water

- Child is taught to blow out by blowing ripples on the water, blowing out pretend candles, etc.
- Child is encouraged to put mouth in water and blow bubbles just under the surface
- Child is encouraged to put both mouth and nose in the water to blow bubbles
- Child is encouraged to put whole face in the water and blow bubbles
- Child is encouraged to blow a series of bubbles underwater, getting a breath between bubble sets

Staying Safe

PFDs and Lifejackets (assisted)

- Child puts on an appropriate sized PFD/lifejacket, and properly fastens zippers and buckles

- Wearing the PFD in shallow water the child explores moving in the water—walking, running, hopping etc.
- Child explores floating in the PFD, first by lifting their feet off the bottom of the pool and kicking/cycling their legs, then by laying on their fronts or backs

Movement/Swimming

Moving Water

- In shallow water the child explores movement through the water in different ways: walking, running, hopping, moving backward and sideways
- Child moves the water with their hands, pushing it away, pulling it towards themselves, moving it up, and down
- Child moves the water with their feet by kicking

Front Float and Recovery 3 sec (assisted)

- Child floats on their front, (assisted) after back float and recovery with face in the water, in a stable position (starfish)
- Floats in a relaxed manner without moving for 3 sec. holding their breath
- Comfortably stands up
- Assistance may come from the instructor or buoyant objects (noodles, dumbbells, foamy toys, etc)

Back Float and Recovery 3 sec (assisted)

- Child floats on their back, with ears in the water, in a stable position (starfish)
- Floats in a relaxed manner without moving for 3 sec. with relaxed breathing
- Comfortably stands up
- Assistance may come from the instructor or buoyant objects (noodles, dumbbells, foamy toys, etc)

Front Glide 3 sec. (assisted)

- Child glides on their front, face in the water, arms extended in front of head for 3 sec.
- Maintains a near horizontal position, and exhales underwater
- Comfortably recovers to a stand

Back Glide 3 sec. (Assisted)

- Child glides on their back, ears in the water, arms held at their sides for 3 sec.
- Maintains a near horizontal position with relaxed breathing
- Comfortably recovers to a stand

Safety Messages

Understands Class Meeting Place

- Child should learn where the class meeting place is and the importance of waiting for the instructor and listening to them
- Child should learn to wait for permission to enter the water, and that the instructor/adult should be in the water first
- Child should stay with the group and the instructor (within arm's reach)

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.