

PARENT & TOT 3 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Entries and Exits 1 – Jump entry (assisted) Water Smart message 13 – Within Arms' Reach <i>"Drain bathtubs and standing water"</i>	Jump in and Within Arms' Reach <ul style="list-style-type: none"> walk or slip in; parent assists child demonstrate how to exit / climb out safely to jump in again toes touching edge before jumping look and jump to parent's extended arm; NOT on parents head reinforce Within Arms' Reach message; child to say when it is okay to jump 	Buoyant aid	Edge of pool <u>XXXXXX</u> X
6 min.	Movement / Swimming Skills 9 – Back "starfish" float (assisted)	Back "starfish" <ul style="list-style-type: none"> child's head rests on parent's shoulder ears in water; parent moves slowly backwards sing soothing songs 	Buoyant aid Doll for demo	Circle <hr style="width: 50px; margin: 0 auto;"/> x x x x x X
6 min.	Movement / Swimming Skills 9 – Front "starfish" float (assisted)	Front "starfish" <ul style="list-style-type: none"> child supported under chest and armpits face in the water; look at toys below the surface or look for parents feet 	Buoyant aid Sinking objects Doll for demo	Circle
6 min.	Underwater Skills 4 – Face wet and in water (Parent & Tot 2) 4 – Hold breath underwater	Submersion <ul style="list-style-type: none"> child blows bubbles at mouth level, then nose level, then eye level when child is comfortable, slow and calm submersion by parent with child 	Buoyant aid Doll for demo	Circle
3 min.	Underwater Skills 5 – Attempt to recover object below surface (Parent & Tot 2)	Object recovery <ul style="list-style-type: none"> parent and child submerge together encourage child to open eyes and retrieve object just below the surface 	Buoyant aid Sinking objects	Circle
3 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing an active song with actions exit water safely 	Buoyant aid	Circle

PARENT & TOT 3 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
4 min.	Entries and Exits 1 – Jump entry (assisted) Water Smart message 13 – Within Arms' Reach <i>"Drain bathtubs and standing water"</i>	Jump in and Within Arms' Reach <ul style="list-style-type: none"> toes touching edge before jumping look and jump to parent's extended arm reinforce Within Arms' Reach message by having child indicate when it is safe to jump remind parents of the importance of always being within arms' reach and to drain any standing water including the tub 	Buoyant aid	Edge of pool XXXXXX X
5 min.	Underwater Skills 4 – Hold breath underwater (assisted)	Submersion <ul style="list-style-type: none"> parent supports child underarms; encourages bobs getting the mouth, then nose, then eyes submerged use objects below the surface for identification of colour 	Buoyant aid Sinking toys Doll for demo	Circle ——— x x x x x X
8 min.	Movement / Swimming Skills 9 – Front "starfish" float (assisted) 11 – Kicking on front (assisted)	Front "starfish" and kicking <ul style="list-style-type: none"> child supported under chest and armpits face in the water encourage to float like alphabet letter "x" encourage feet to kick; parent to assist play game that encourages alternating float and kick movements 	Buoyant aid Doll for demo	Circle
8 min.	Movement / Swimming Skills 11 – Kicking on back (assisted) Water Smart message 13 – Within Arms' Reach <i>"Drain bathtubs and standing water"</i>	Back kick and Within Arms' Reach <ul style="list-style-type: none"> child holds the wall like Superman; pushes off wall with head back and ears in encourage slow movements; push the wall away; NO blast off child indicates when is it safe to leave the wall; is there parent within arms' reach? 	Buoyant aid Doll for demo	Line ——— xxxxxx X
4 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing a song that encourages kicking and submersion or face in exit water safely 	Buoyant aid	Circle

PARENT & TOT 3 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
4 min.	Movement / Swimming Skills 9 – Back “starfish” float (assisted)	Back “starfish” <ul style="list-style-type: none"> head on parent’s shoulder; move head to parents chest when ready ears in water; be the letter x 	Buoyant aid Doll for demo	Circle <hr style="width: 50px; margin: 0 auto;"/> x x x x x X
4 min.	Movement / Swimming Skills 9 – Front “starfish” float (assisted)	Front “starfish” <ul style="list-style-type: none"> child supported under chest and armpits face in the water; be the letter x 	Buoyant aid Doll for demo	Circle
4 min.	Underwater Skills 4 – Hold breath underwater (assisted)	Submersion <ul style="list-style-type: none"> do bobs; submerging the mouth, then nose, then eyes try to stay under for 3 sec. 	Buoyant aid Doll for demo	Circle
5 min.	Movement / Swimming Skills 11 – Kicking on front (assisted) Water Smart message 13 – Within Arms’ Reach <i>“Drain bathtubs and standing water”</i>	Front kick and Within Arms’ Reach <ul style="list-style-type: none"> child pushes off wall with face in water and then kicks to parent who is within arm’s reach for safety child determines when it is safe to go parents hands just below the surface to receive child 	Buoyant aid Doll for demo	Line <hr style="width: 50px; margin: 0 auto;"/> xxxxxx X
5 min.	Movement / Swimming Skills 11 – Kicking on back (assisted)	Back kick <ul style="list-style-type: none"> child pushes off wall with head back and ears in encourage toes at surface and kicking to parent 	Buoyant aid Doll for demo	Line
5 min.	Entries and Exits 2 – Entry and submerge from sitting position (assisted)	Sitting jump and submerge <ul style="list-style-type: none"> child sits on edge of pool; upon entry submerges completely under the water parent to provide assistance with hands; protect the head; assist the child recovering to the surface; either standing up or moving back to the safety of the wall 	Buoyant aid Doll for demo	Edge of pool <hr style="width: 50px; margin: 0 auto;"/> xxxxxxxx X
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing a song; active; provide opportunity to kick and submerge exit water safely 		Circle

PARENT & TOT 3 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
4 min.	Entries and Exits 2 – Entry and submerge from sitting position (assisted) Water Smart message 13 – Within Arms' Reach <i>"Drain bathtubs and standing water"</i>	Sitting entry, submerge and Within Arms' Reach <ul style="list-style-type: none"> child sits on edge of pool; upon entry submerges completely under the water reinforce Within Arm's Reach; as child becomes more confident and independent parent must remain vigilant; including the pool, bathtubs, ponds etc. 	Buoyant aid	Edge of pool xxxxxxx X
4 min.	Entries and Exits 1 – Jump entry (assisted) Water Smart message 13 – Swim to Survive <i>"Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water"</i>	Jump in and Swim to Survive <ul style="list-style-type: none"> toes touching edge before jumping; look and jump to parents extended arm move back to the wall after jumping before moving on Humpty Dumpty sat on wall/had a great fall/swam back to the wall educate parents on what the Swim to Survive program is 	Buoyant aid	Edge of pool
6 min.	Movement / Swimming Skills 10 – Back "pencil" float (assisted)	Back "pencil" float <ul style="list-style-type: none"> head on parent's shoulder; move to support child behind head and under low back; ears in water encourage change of position; start in "X" and move to "I"; arms at side and legs together; pencil shape parents encourage child to breathe 	Buoyant aid Doll for demo	Circle x x x x x X
4 min.	Movement / Swimming Skills 9 – Front "starfish" float (assisted)	Front "starfish" <ul style="list-style-type: none"> child supported under chest and armpits; face in water; "X" position hold 3–5 sec. 	Buoyant aid Doll for demo	Circle
4 min.	Movement / Swimming Skills 10 – Front "pencil" float (assisted)	Pencil float on front with assistance <ul style="list-style-type: none"> child to be pencil with arms and legs together; arms extended beyond head; face in parent to hold child at the shoulders 	Buoyant aid Doll for demo	Line xxxxxx X

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PARENT & TOT 3 – Lesson 4

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Time	Item	Activity	Equipment	Formation
5 min.	Underwater Skills 5 – Attempt to open eyes underwater	Open eyes <ul style="list-style-type: none"> once child submerges; parent places object below the surface child identifies the object 	Buoyant aid Sinking objects	Circle
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing a song exit water safely 		Circle

PARENT & TOT 3 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
4 min.	Entries and Exits 2 – Entry and submerge from sitting position (assisted) Water Smart message 13 – Swim to Survive <i>“Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water”</i>	Sitting jump, submerge and Swim to Survive <ul style="list-style-type: none"> child sits on edge of pool; upon entry submerges completely under the water reinforce Swim to Survive message after entering the water; calm recovery to the surface 	Buoyant aid	Edge of pool xxxxxx X
3 min.	Movement / Swimming Skills 9 – Back “starfish” float (assisted)	Back “starfish” <ul style="list-style-type: none"> parent to support child; ears in the water, body relaxed child supporting own lower body; toes at surface 	Buoyant aid Doll for demo	Circle x x x x x X
3 min.	Movement / Swimming Skills 10 – Back “pencil” float (assisted)	Back “pencil” <ul style="list-style-type: none"> arms at side and legs together parent support child; encourage child to relax and hold own lower body; toes at surface 	Buoyant aid Doll for demo	Line xxxxxx X
3 min.	Movement / Swimming Skills 11 – Kicking on back (assisted)	Back kicking <ul style="list-style-type: none"> child begins at wall; ears in; pushes off the wall with the legs; extends body parent supports child while they kick 	Buoyant aid Doll for demo	Line
3 min.	Entries and Exits 3 – Exit the water (unassisted)	Exit the water <ul style="list-style-type: none"> climb out using elbows and knees to pull body out parent support if required – protect face 	Buoyant aid Doll for demo	Edge of pool
5 min.	Swim to Survive Skill 7 – Standing jump entry, return to edge (assisted) Movement / Swimming Skills 11 – Kicking on front (assisted)	Standing jump and front kicking <ul style="list-style-type: none"> toes touching edge before jumping look and jump in front of parent; parent low with arm extended; turn child and have them kick back to the wall; repeat 	Buoyant aid Doll for demo	Edge of pool

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PARENT & TOT 3 – Lesson 5

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Time	Item	Activity	Equipment	Formation
3 min.	Movement / Swimming Skills 9 – Front “starfish” float (assisted)	Front “starfish” <ul style="list-style-type: none"> child supported under chest and armpits face in the water 	Buoyant aid Doll for demo	Circle
3 min.	Movement / Swimming Skills 10 – Front “pencil” float (assisted)	Front “pencil” <ul style="list-style-type: none"> legs together arms extended; parent holds child under shoulders; face in 	Buoyant aid Doll for demo	Line
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming – play a game exit water safely 		Circle

PARENT & TOT 3 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Swim to Survive Skill 7 – Standing jump entry, return to edge (assisted) Water Smart message 13 – Swim to Survive <i>“Swim to Survive teaches the minimum basic skills required to survive an unexpected fall into deep water”</i>	Standing jump and Swim to Survive <ul style="list-style-type: none"> toes touching edge before jumping look and jump to parent’s extended arm Swim to Survive; recover calmly to the surface and swim back to the wall 	Buoyant aid	Edge of pool xxxxxxx X
2 min.	Entries and Exits 3 – Exit the water (unassisted)	Exit the water <ul style="list-style-type: none"> exit from side of pool using elbows and knees, pull the body up onto the deck; parent support if required 	Buoyant aid	Edge of pool
4 min.	Movement / Swimming Skills 10 – Back “pencil” float (assisted)	Back “pencil” <ul style="list-style-type: none"> arms at side and legs together parents hold child under head and back; encourage child to hold toes at the surface 	Buoyant aid Doll for demo	Line ----- xxxxxxx X
4 min.	Movement / Swimming Skills 11 – Kicking on back (assisted)	Back kicking <ul style="list-style-type: none"> child pushes off wall; head back; ears in long leg kicking; parent support under the back of the head 	Buoyant aid Doll for demo	Line
4 min.	Movement / Swimming Skills 10 – Front “pencil” float (assisted)	Front “pencil” <ul style="list-style-type: none"> arms extended beyond head; legs together parent holds child at the shoulders; face and ears in the water 	Buoyant aid Doll for demo	Line
4 min.	Movement / Swimming Skills 11 – Kicking on front (assisted)	Front kicking <ul style="list-style-type: none"> child pushes off wall with face in water; arms extended to parent and kicks parent to tow child with arms if needed 	Buoyant aid Doll for demo	Line

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PARENT & TOT 3 – Lesson 6

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Time	Item	Activity	Equipment	Formation
3 min.	Underwater Skills 5 – Attempt to open eyes underwater 6 – Attempt to recover object from bottom	Open eyes and object recovery <ul style="list-style-type: none"> parent places objects on bottom parent tells child which colour to retrieve child retrieves object 	Buoyant aid Sinking objects	Circle x x x x x X
4 min.	Movement / Swimming Skills 12 – Underwater passes	Underwater passes <ul style="list-style-type: none"> child submerges as they are passed between instructor and parent encourage child to keep eyes open 	Buoyant aid	In pairs (Instructor and Parent)
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming; active song exit water safely 		Circle

PARENT & TOT 3 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Swim to Survive Skill 7 – Standing jump entry, return to edge (assisted)	Standing jump <ul style="list-style-type: none"> toes touching edge before jumping look; jump in front of parent's extended arm; recover, turn, swim back to the wall 	Buoyant aid	Edge of pool <u>xxxxxxx</u> X
2 min.	Entries and Exits 3 – Exit the water (unassisted)	Exit the water <ul style="list-style-type: none"> exit from side of pool using elbows and knees, pull the body up onto the deck; parent support if required 	Buoyant aid	Edge of pool
3 min.	Movement / Swimming Skills 10 – Back "pencil" float (assisted)	Back "pencil" <ul style="list-style-type: none"> arms at side and legs together; chin up; toes at the surface parent holds child under head 	Buoyant aid Doll for demo	Line <u>xxxxxxx</u> X
3 min.	Movement / Swimming Skills 11 – Kicking on back (assisted)	Back kicking <ul style="list-style-type: none"> child pushes off wall; head back; ears in parent support under head if needed 	Buoyant aid Doll for demo	Line
3 min.	Underwater Skills 5 – Attempt to open eyes underwater 6 – Attempt to recover object from bottom	Open eyes and object recovery <ul style="list-style-type: none"> parent places objects on bottom parent tells child which colour to retrieve child retrieves object 	Buoyant aid Sinking objects	Circle <u>x x x</u> x x X
3 min.	Movement / Swimming Skills 10 – Front "pencil" float (assisted)	Front "pencil" <ul style="list-style-type: none"> arms extended and legs together; face and ears in parent holds child at shoulders if needed 	Buoyant aid Doll for demo	Line
3 min.	Movement / Swimming Skills 11 – Kicking on front (assisted)	Front kick <ul style="list-style-type: none"> child pushes off wall with face in; arms extended towards parent; kicks at the surface 	Buoyant aid Doll for demo	Line
8 min.	Swim to Survive Skills 8 – Jump entry and float wearing PFD (assisted) Water Smart message 13 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	PFD – jump – float and Wear a Lifejacket <ul style="list-style-type: none"> explain to class how to choose a PFD; child and parent then choose correct fitting PFD child puts on PFD with assistance, jumps in, recovers and floats on front or back reinforce comfort and relaxation in PFD sing an active song in jackets 	Buoyant aid PFDs	Edge of pool
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming exit water safely 	Buoyant aid	Circle

PARENT & TOT 3 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
5 min.	Swim to Survive Skills 8 – Jump entry and float wearing PFD (assisted) Water Smart message 13 – Wear a Lifejacket <i>"Is everyone in my family wearing lifejackets in the boat? Are they fastened properly?"</i>	PFD – jump – float and Wear a Lifejacket <ul style="list-style-type: none"> explain to class how to choose a PFD; child and parent then choose correct fitting PFD child puts on PFD with assistance, jumps in, recovers and floats on front or back reinforce comfort and relaxation in jacket sing an active song in jackets 	Buoyant aid PFDs	Edge of pool <u>xxxxxxx</u> X
3 min.	Movement / Swimming Skills 10 – Back "pencil" float (assisted)	Back "pencil" <ul style="list-style-type: none"> arms at side and legs together parents hold child under head and back; encourage relaxed breathing 	Buoyant aid Doll for demo	Line <u>xxxxxx</u> X
3 min.	Movement / Swimming Skills 11 – Kicking on back (assisted)	Back kicking <ul style="list-style-type: none"> child pushes off wall with head back and ears in; kicks through hoop to parent parent supports head if needed 	Buoyant aid Hoops Doll for demo	Line
3 min.	Underwater Skills 5 – Attempt to open eyes underwater 6 – Attempt to recover object from bottom	Open eyes and object recovery <ul style="list-style-type: none"> parent places objects on bottom parent tells child which colour to retrieve child retrieves object 	Buoyant aid Sinking objects	Circle <u>x x x</u> x x X
3 min.	Movement / Swimming Skills 10 – Front "pencil" float (assisted)	Front "pencil" <ul style="list-style-type: none"> arms extended; legs together; face in parent holds child's extended arms and hands 	Buoyant aid Doll for demo	Line
3 min.	Movement / Swimming Skills 11 – Kicking on front (assisted)	Front kick <ul style="list-style-type: none"> child pushes off wall with face in water; kicks through hoop 	Buoyant aid Hoops Doll for demo	Line

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PARENT & TOT 3 – Lesson 8

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Time	Item	Activity	Equipment	Formation
4 min.	Movement / Swimming Skills 12 – Underwater passes	Underwater passes <ul style="list-style-type: none"> child submerges as he or she is passed between instructor and parent encourage child to keep eyes open 	Buoyant aid Doll for demo	In pairs (Instructor and Parent)
4 min.		Wrap-Up <ul style="list-style-type: none"> sing a song incorporating skills thank parents for coming to lessons exit water safely 		Circle
1 min.	Distribute Progress Reports			