



SURVIVAL INSTRUCTOR DIRECTIONS FOR NEW SWIMMERS

LESSONS 8-12- CHILD STILL MAY CRY, JUST CONTINUE TO TALK TO THE CHILD AND ASURE THEM THAT THEY ARE SAFE AND NOT HURT. USE POSITIVE REIGNFORCEMENT WITH "GREAT JOBS" AND HIGH FIVES.

ALWAYS MAKE IT HAPPY AND FUN!

1. BUILD CONFIDENCE BY TELLING THE STUDENT THEY CAN SWIM AND THAT THEY ARE STRONG.

-FIRST 5 MINUTES-

USE THE KICK BOARD. HAVE THEM KICK FROM ONE STEP TO THE OTHER. HOLD THE KICK BOARD IN FRONT WITH ONE HAND, OTHER HAND ON CHILDRS BACK. TRY TO HAVE THEM PUSH OFF AND KICK BY THEMSELVES TO YOU OR THE STEP. ASSESS THEIR CAPABILITY.

HAVE CHILD PUT HANDS AT THE EDGE OF THE KICK BOARD WITH THEIR FACE UNDERWATER LOOKING DOWN AND KICKING. TELL THEM TO TAKE A BREATH WHEN NEEDED BY LIFTING UP THEIR HEAD.

-NEXT 10 MINUTES

TALK TO THE STUDENT ABOUT PUTTING THEIR FACE DOWN, LOOKING AT THE BOTTOM OF THE POOL AND FOR YOUR HANDS UNDERWATER, USING "BIG ARMS OR ICE CREAM SCOOPS". TELL THEM

TO PUSH OFF THE STEP AND KICK THEIR LEGS WITH THEIR BIG ARMS. SMALL AND FAST KICKS. LEGS STRAIGHT AND TIGHT TOGETHER.

HAVE THE CHILD WORK ON KICKING WITH ARMS AND FACE UNDERWATER FARTHER AND FARTHER. LIFT THEM UP AND SAY "BREATH" THEN PUT THEM BACK IN THE WATER TO SWIM TO THE STEP OR SIDE. REPEAT 15 TIMES.

HAVE THEM SWIM TO THE EDGE AND "MONKEY CRAWL AROUND THE POOL, RETURNING BACK TO THE STEP THEY STARTED. REPEAT 5 TIMES

NEXT 5 MINUTES

HAVE THE CHILD JUMP OFF THE EDGE OF THE POOL AND "FACE IN" TURN AND KICK TO THE EDGE OR STEP. REPEAT 5 TIMES

HAVE THE CHILD JUMP OFF THE STEP AND TURN AROUND AND KICK BACK TO THE STEP. REPEAT 5 TIMES.

NEXT 10 MINUTES

HAVE THE CHILD JUMP OFF THE EDGE OF THE POOL AND HAVE THEM ROLL OVER AND FLOAT ON THEIR BACK. HOLD THEM FLOATING FOR 10 SECONDS. HAVE THE CHILD COUNT WITH YOU. THEN ROLL THEM OVER TO "FACE IN" KICK TO THE OTHER SIDE OF THE POOL. TRY TO SEE IF CHILD WILL ROLL OVER ON THEIR OWN. TRY TO LET GO WHEN FLOATING.

IF CHILD IS HAVING A HARD TIME STAYING STILL WHILE FLOATING. TEACH THE CHILD TO KICK ON THEIR BACK AROUND THE POOL.

HAVE THE CHILD PULL THEM SELVES OUT OF THE POOL USING THE "ELBOW, ELBOW, STOMACH, KNEE, KNEE" TECHNIQUE. REPEAT 10 TIMES.

LAST 5 MINUTES

WORK WITH THEM ON OPENING THEIR EYES UNDER WATER AND PICKING UP TOYS. NOW HAVE THEM THROW THE TOYS EVEN DEEPER AND FARTHER, AND HAVE THEM JUMP IN AND KICK TO YOU, LOOKING FOR YOUR HANDS. ONCE THEY SWIM TO YOU. HOLD THEM AND TELL THEM "1,2,3" UNDERWATER TO PICK UP THE TOY. GUIDE THEM UNDER WATER AND PUSH THEM DOWN FOR THE TOY. THEN HAVE THEM SWIM BACK TO THE STEP AND PUT THE TOY ON THE EDGE OF THE POOL.

REPEAT 10 TIMES.

HAVE THEM SWIM TO YOU AND YOU TELL THEM TO "ROCKET" OUT OF THE WATER. EXPLAIN TO THEM THAT THE WILL NEED TO JUMP OFF THE BOTTOM OF THE POOL. HOLD THEM VERTICALLY AND PUSH THEM UNDERWATER SAYING "1,2,3 ROCKET" REPEAT 5 TIMES.

FINISH LESSON BY PROVIDING THEM WITH A LOLLIPOP FOR A JOB WELL DONE AND FOR LISTENING AND TRYING THEIR BEST!