


PARENT & TOT 1 – Lesson 1

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot Water Smart message 10 – Within Arms’ Reach <i>“Designate a backyard pool lifeguard”</i>	Enter water and Within Arms’ Reach <ul style="list-style-type: none"> stress parents to keep child in sight at all times; never leave alone near water; always within arms’ reach; 2 hands: 2 children max. use steps, ramps, pool edge – hold child securely 	Buoyant aid Doll for demo	Edge of pool xxxxxx X
3 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Front float <ul style="list-style-type: none"> demonstrate balance and keep low in water parent faces tot, supports child under arms eye contact with child for safety 	Buoyant aid Doll for demo	Circle x x x x x X
4 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement on front <ul style="list-style-type: none"> parent moves backwards, support child under arms and sings a lullaby 	Buoyant aid Doll for demo	Circle
3 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement on front <ul style="list-style-type: none"> distance between parent and child increased; child to hold pool toy parent to praise every achievement 	Buoyant aid Floating toys Doll for demo	Line xxxxxx X
4 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement in water <ul style="list-style-type: none"> try different positions and speeds: up and down, airplane, circle; use action song like Wheels on the bus 	Buoyant aid Doll for demo	Line
5 min.	Movement / Swimming Skills 9 – Legs: Tickling, splashing, kicking, on front and back 	Legs tickling, splashing, kicking <ul style="list-style-type: none"> child’s hands on parent’s shoulders; body on parent’s arms parent moves child’s feet in kicking motion parent repeats, “kick, kick, kick” 	Buoyant aid Doll for demo	Circle
5 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back Water Smart message 10 – Swim to Survive <i>“Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum”</i>	Upright position and Swim to Survive <ul style="list-style-type: none"> child faces away from parent; parent holds child under arm child splashes and move arms on front and back; lots of praise stress the importance of teaching safety around the water; importance of lessons 	Buoyant aid Doll for demo	Circle

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PARENT & TOT 1 – Lesson 1

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Time	Item	Activity	Equipment	Formation
2 min.		Wrap-Up <ul style="list-style-type: none">• thank parents for coming; sing a song• exit water safely	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 2

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water <ul style="list-style-type: none"> demonstrate using steps, ramps, pool edge parent slips into pool using one hand to hold child on deck then lifts child in 	Buoyant aid	Edge of pool <u>xxxxxx</u> X
2 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact 5 – Front float (face out) - assisted	Front float with eye contact <ul style="list-style-type: none"> demonstrate balance and keep low in water parent faces child; supports under child's arms parent must maintain eye contact and continuously speak to tot for safety 	Buoyant aid Doll for demo	Circle <u> </u> x x x x x X
3 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement on front <ul style="list-style-type: none"> parent moves backwards, supports child under arms sing action song like Wheels on the bus 	Buoyant aid Doll for demo	Line <u>xxxxxx</u> X
4 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement on front <ul style="list-style-type: none"> increase distance between parent and child; child to hold pool toy parents praise every achievement 	Buoyant aid Floating toys Doll for demo	Circle
4 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement in water <ul style="list-style-type: none"> try different positions and speeds: up and down, airplane, circle parents praise every achievement 	Buoyant aid Doll for demo	Line
3 min.	Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Legs tickling, splashing, kicking <ul style="list-style-type: none"> child's hands on parent's shoulders, body on parent's arms parent moves child's feet in kicking motion parent repeats, "kick, kick, kick" 	Buoyant aid Doll for demo	
4 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arms splashing, reaching, paddling <ul style="list-style-type: none"> child faces away from parent; parent holds child under arm child grasps parents' fingers parent rotates hands; ensure child has head support 	Buoyant aid Doll for demo	Line

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PARENT & TOT 1 – Lesson 2



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Time	Item	Activity	Equipment	Formation
4 min.	<p>Underwater Skills 2 – Readiness for submersion</p> <p>Water Smart message 10 – Within Arms’ Reach <i>“Designate a backyard pool lifeguard”</i></p>	<p>Getting face wet and Within Arms’ Reach</p> <ul style="list-style-type: none"> • squeeze or pour water on child’s hand, shoulder, chest and stomach • if comfortable, let water wash down face • child to splash water on parent • stress importance of watching your child’s eyes for signs of stress and always being within arms’ reach around water 	<p>Buoyant aid Sponges, washcloths, pails Doll for demo</p>	Circle
2 min.		<p>Wrap-Up</p> <ul style="list-style-type: none"> • thank parents for coming, sing a song • exit water safely 	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 3

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot Water Smart message 10 – Within Arms' Reach <i>"Designate a backyard pool lifeguard"</i>	Enter water – buddy system and Within Arms' Reach <ul style="list-style-type: none"> parents partner up; one parent sits on edge and is handed both children other parent gets in water then takes both children while first parent enters reinforce within arm's reach 	Buoyant aid Doll for demo	Edge of pool <u>xxxxxx</u> X
4 min.	Movement / Swimming Skills 3 – Hold tot on front, eye contact	Movement in water <ul style="list-style-type: none"> try different positions and speeds: up and down, airplane, circle parents praise and soothe children 	Buoyant aid Doll for demo	Circle <u> </u> x x x x x X
5 min.	Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Legs tickling, splashing, kicking <ul style="list-style-type: none"> child's hands on parent's shoulders, body on parent's arms parent moves child's feet in kicking motion sing action song to reinforce kicking – change of speed if possible (like Motorboat) 	Buoyant aid Doll for demo	Circle
5 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arms splashing, reaching, paddling <ul style="list-style-type: none"> child faces away from parent; parent holds child under arms child grasps parents' fingers parent rotates hands ensure child has head support 	Buoyant aid Doll for demo	Line <u>xxxxxx</u> X
5 min.	Underwater Skills 2 – Readiness for submersion	Getting face wet <ul style="list-style-type: none"> squeeze or pour water on child's hand, shoulder, chest and stomach if comfortable, let water wash face child splashes water on parent 	Buoyant aid Cloth, sponge, pail, small watering cans Doll for demo	Circle
5 min.	Movement / Swimming Skills 4 – Hold tot on back, head and back support 	Back "cradle" position <ul style="list-style-type: none"> child's ears out of water and can see parent's face hold child securely; rock and lower body hold objects of interest above child sing a soft lullaby to soothe child 	Buoyant aid Pool toys, rubber duck, small balls etc. Doll for demo	Scattered <u> </u> x x x x x X
2 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming; sing a song exit water safely 	Buoyant aid	Circle


PARENT & TOT 1 – Lesson 4

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water - buddy system <ul style="list-style-type: none"> parents partner up one parent sits on edge and is handed both children other parent gets in water then takes both children while first parent enters 	Buoyant aid Doll for demo	Edge of pool <u>xxxxxx</u> X
4 min.	Movement / Swimming Skills 4 – Hold tot on back, head and back support 	Back “cradle” position <ul style="list-style-type: none"> child’s ears out of water and can see parent’s face hold child securely; rock and lower body hold objects of interest above child sing a soft lullaby to soothe child as parent moves sideways across the pool 	Buoyant aid Pool toys Doll for demo	Scattered <u>x x x</u> x x X
5 min.	Movement / Swimming Skills 6 – Back float (assisted) 	Back float <ul style="list-style-type: none"> child’s head on parent’s chest one hand under child’s head/shoulder blades, other under the lower back move back, support with one hand move in circle – sing quiet song 	Buoyant aid Doll for demo	Circle <u>x x x</u> x x X
5 min.	Underwater Skills 2 – Readiness for submersion	Getting face wet <ul style="list-style-type: none"> squeeze or pour water on child’s hand, shoulder, chest and stomach if comfortable, let water wash face child splashes water on parent work to point where water flows across the face for a few seconds 	Buoyant aid Cloth, sponge, pail Doll for demo	Circle
5 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back Water Smart message 10 – Swim to Survive <i>“Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum”</i>	Arms splashing, reaching, paddling and Swim to Survive <ul style="list-style-type: none"> child faces away from parent child splashes and reaches for floating toy discuss Swim to Survive and the importance of taking swimming lessons (both children and adults) 	Buoyant aid Doll for demo	Line <u>xxxxxx</u> X




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PARENT & TOT 1 – Lesson 4

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Time	Item	Activity	Equipment	Formation
5 min.	<p>Movement / Swimming Skills</p> <p>9 – Legs: tickling, splashing, kicking, on front and back</p> 	<p>Front position</p> <ul style="list-style-type: none"> • child's hands on parent's shoulders, body on parent's arms • parent moves child's feet in kicking motion • float toy between child's arms as focus • parent repeats, "kick, kick, kick" 	<p>Buoyant aid Floating toys</p>	Line
2 min.		<p>Wrap-Up</p> <ul style="list-style-type: none"> • thank parents for coming; sing a song • exit water safely 	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 5

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water <ul style="list-style-type: none"> parent's choice of safe entry 	Buoyant aid	Edge of pool xxxxxx X
3 min.	Movement / Swimming Skills 4 – Hold tot on back, head and back support 	Back "cradle" position <ul style="list-style-type: none"> child's ears out of water; can see parent's face rock and lower body slowly getting ears under water; move in a circle; sing a quiet song have child hold objects of interest 	Buoyant aid Pool toys Doll for demo	Circle x x x x x X
3 min.	Movement / Swimming Skills 6 – Back float (assisted) 	Back float <ul style="list-style-type: none"> child's head on parent's chest or shoulder one hand under child's head/shoulder blades, other under the lower back move back, support with one hand 	Buoyant aid Doll for demo	Line xxxxxx X
4 min.	Underwater Skills 2 – Readiness for submersion	Getting face wet <ul style="list-style-type: none"> squeeze or pour water on child's hand, shoulder, chest and stomach if comfortable, let water wash face child splashes water on parent work to point where water flows across the face for a few seconds 	Buoyant aid Cloth, sponge, pail, small watering can Doll for demo	Circle
4 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arms splashing, reaching, paddling <ul style="list-style-type: none"> practice holding child facing you and away from you have child splash, reach for toys and paddle with their arms 	Buoyant aid Pool toys Doll for demo	Line
4 min.	Water Smart message 10 – Swim to Survive <i>"Swim lessons are the first step to being safe around water. Take lessons until the end of the curriculum"</i> Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Front and back kicking <ul style="list-style-type: none"> practice kicking both on front and back parent moves child's feet in kicking motion – parent repeats, "kick, kick, kick" move across the pool – stop, move child to hold position beside parent – grasp under arms – have child reach for and grab wall – safety and security 	Buoyant aid Doll for demo	Wave x x X x x ↓ ↓




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PARENT & TOT 1 – Lesson 5

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Time	Item	Activity	Equipment	Formation
5 min.	Movement / Swimming Skills 5 – Front float (face out) - assisted	Front float <ul style="list-style-type: none"> parent support under arms at water level support child's chest and chin parent demonstrates chin in water – child at eye level lots of reassurance 	Buoyant aid Doll for demo	Circle
3 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing a song exit water safely 	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 6

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
3 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water <ul style="list-style-type: none"> parent's choice of safe entry 	Buoyant aid	Edge of pool xxxxxx X
3 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arm splashing, reaching and paddling <ul style="list-style-type: none"> hold child under the arms to the side parents low – keep child's chin out encourage child to move hands – chase balls to encourage movement 	Buoyant aid Doll for demo	Line ----- xxxxxx X
3 min.	Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Legs tickling, splashing and kicking <ul style="list-style-type: none"> child facing parent – parent hands hold under arms parent repeats, "kick, kick, kick" – if needed, parent assists by kicking child's feet move changing speeds 	Buoyant aid Doll for demo	Circle ----- x x x x x X
4 min.	Underwater Skills 2 – Readiness for submersion Water Smart message 10 – Within Arms' Reach <i>"Designate a backyard pool lifeguard"</i>	Getting face wet <ul style="list-style-type: none"> squeeze or pour water on child's hand, shoulder, chest and stomach if comfortable, let water wash down face child splashes water on parent work to point where water flows across the face for a few seconds – encourage parent to watch face for signs of discomfort – need to be within arm's reach to see this 	Buoyant aid Cloth, sponge, pail, small watering cans Doll for demo	Circle
4 min.	Movement / Swimming Skills 3 – Hold tot on back, head and back support 	Back "cradle" position <ul style="list-style-type: none"> child's ears out of water; can see parent's face rock and lower body slowly getting ears under water; move in a circle; sing a quiet song have child hold objects of interest 	Buoyant aid Pool toys Doll for demo	Line
4 min.	Movement / Swimming Skills 6 – Back float (assisted) 	Back float <ul style="list-style-type: none"> child's head on parent's chest one hand under child's head/shoulder blades, other under the lower back move back, support with one hand 	Buoyant aid Doll for demo	Line



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PARENT & TOT 1 – Lesson 6

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Time	Item	Activity	Equipment	Formation
5 min.	Movement / Swimming Skills 5 – Front float (face out) – assisted	Front float <ul style="list-style-type: none"> parent support under arms at water level support child's chest and chin lots of reassurance 	Buoyant aid Doll for demo	Circle
3 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming sing a song that encourages hand actions like splashing and paddling of hands exit water safely 	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 7

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water <ul style="list-style-type: none"> parent's choice of safe entry 	Buoyant aid Doll for demo	Edge of pool <u>xxxxxx</u> X
4 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arms splashing, reaching and paddling <ul style="list-style-type: none"> hold child under the arms to the side parents low; keep child's chin out encourage child to move hands – chase balls to encourage movement have child "swim" to wall – grasp and hold on 	Buoyant aid Ball Doll for demo	Line <u>xxxxxx</u> X
4 min.	Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Legs tickling, splashing and kicking <ul style="list-style-type: none"> practice splashing and kicking on front and back parent repeats, "kick, kick, kick" – if needed, parent assists by kicking child's feet move changing speeds 	Buoyant aid Doll for demo	Circle <u>x x x</u> x x X
4 min.	Movement / Swimming Skills 6 – Back float (assisted) 	Back float <ul style="list-style-type: none"> child's head on parent's chest one hand under child's head/shoulder blades, other under the lower back parent backs up and works to support with one hand parent maintains eye contact – ears underwater 	Buoyant aid Doll for demo	Line
4 min.	Movement / Swimming Skills 5 – Front float (face out) – assisted	Front float <ul style="list-style-type: none"> parent support under arms at water level support child's chest and chin lots of reassurance; parent demonstrates putting chin in water 	Buoyant aid Doll for demo	Circle
9 min.	Movement / Swimming Skills 7 – Float wearing PFD (assisted) Water Smart message 10 – Wear a Lifejacket <i>"Most parents make children wear lifejackets but don't wear one themselves"</i>	Float wearing PFD and Wear a Lifejacket <ul style="list-style-type: none"> parent selects and puts child in an appropriate PFD; use mats to lie children down for safety to zipper and buckle jackets parent helps child move and float while wearing the PFD reinforce <i>Wear a Lifejacket</i> message sing a boat song 	Buoyant aid Mats PFDs	Circle

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PARENT & TOT 1 – Lesson 7

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Time	Item	Activity	Equipment	Formation
2 min.		Wrap-Up <ul style="list-style-type: none">• thank parents for coming• sing a song• exit water safely	Buoyant aid	Circle

PARENT & TOT 1 – Lesson 8

Time	Item	Activity	Equipment	Formation
1 min.		Welcome and take attendance	Worksheet	Meeting place
2 min.	Entries and Exits 1 – Enter and exit the water safely with tot	Enter water <ul style="list-style-type: none"> parent's choice of safe entry 	Buoyant aid	Edge of pool
3 min.	Movement / Swimming Skills 8 – Arms: splashing, reaching, paddling, on front and back	Arms splashing, reaching and paddling <ul style="list-style-type: none"> parent encourage child to splash, reach and paddle on front and back use toys to encourage them to move arms 	Buoyant aid Floating toys Doll for demo	Line xxxxxx X
3 min.	Movement / Swimming Skills 9 – Legs: tickling, splashing, kicking, on front and back 	Legs tickling, splashing and kicking <ul style="list-style-type: none"> child's faces parent parent repeats, "kick, kick, kick" – assists moving feet if needed move across pool – move child to hold position beside parent – grasp under arms - have child reach for and grab wall – safety and security 	Buoyant aid Doll for demo	Wave x x X x x ↓ ↓
4 min.	Movement / Swimming Skills 6 – Back float (assisted) 	Back float <ul style="list-style-type: none"> child's head on parent's chest one hand under child's head, other under the lower back move back, support with one hand 	Buoyant aid Doll for demo	Line
4 min.	Movement / Swimming Skills 5 – Front float (face out) – assisted	Front float <ul style="list-style-type: none"> parent support under arms at water level support child's chest and chin active song that incorporates floats, kicks, paddles 	Buoyant aid Doll for demo	Circle xxx x x X
9 min.	Movement / Swimming Skills 7 – Float wearing PFD (assisted) Water Smart message 10 – Wear a Lifejacket <i>"Most parents make children wear lifejackets but don't wear one themselves"</i>	Float wearing PFD and Wear a Lifejacket <ul style="list-style-type: none"> parent selects an appropriate PFD for themselves and child; use mats to lie children down for safety to zipper and buckle jackets parent helps child move and float while wearing the PFD reinforce <i>Wear a Lifejacket</i> message and the importance of adults wearing them as well 	Buoyant aid PFDs	Line
3 min.		Wrap-Up <ul style="list-style-type: none"> thank parents for coming to lessons – goodbye song exit water safely 	Progress Reports	Circle
1 min.	Distribute Progress Reports			