

Objective

By the end of this lesson, you will learn basic swimming techniques and water safety skills.

Materials and Prep

- Swimsuit
- Towel
- Swimming pool or safe water body
- Adult supervision if needed

No prior swimming experience required. Just bring your enthusiasm!

Activities

- **Water Safety Lesson:** Learn about the importance of staying safe in the water, like not running around the pool and always having an adult present.
- **Blowing Bubbles:** Practice blowing bubbles in the water to get comfortable with having your face in the water.
- **Kickboard Kick-off:** Use a kickboard to practice kicking your legs while holding onto the board for support.
- **Float Like a Starfish:** Try floating on your back like a starfish while keeping your body straight and relaxed.
- **Underwater Treasure Hunt:** Dive down to pick up objects from the bottom of the pool to improve your diving skills.

Talking Points

- **Water Safety:** "Always remember to listen to the lifeguard and never swim alone."
- **Blowing Bubbles:** "Pretend you are a fish and blow bubbles to say hello to your underwater friends."
- **Kickboard Kick-off:** "Hold onto the kickboard like a superhero cape and kick your legs to move through the water."
- **Float Like a Starfish:** "Imagine you are a starfish floating in the ocean, relax and enjoy the water around you."
- **Underwater Treasure Hunt:** "Dive down like a brave explorer and collect the hidden treasures waiting for you at the bottom."