

What to bring

- ☐ Togs
- ☐ Towel
- ☐ Goggles
- ☐ Swim cap (optional)
- ☐ Drink bottle
- ☐ Bag for wet togs



Pool rules

- Walking feet only
- Go to the toilet before class. If you need to go during class - tell your instructor and take a teacher with you.
- Stay with your instructor if the fire alarm goes off
- For an earthquake make a turtle if you are out of the water. If you are in the water stop swimming, hold onto the lane rope and wait for instructor to huddle with you.

Water safety tips

- Raise your hand and shout if you are in trouble.
- Always have an adult watch over you in the water.
- Always listen to the lifeguards.
- Always swim between the flags.
- Never swim if you are tired or cold. If in doubt, stay out.
- Always use the correct and safe equipment.



Did you know?

Blowing bubbles helps stop water going up your nose.

Elephants can swim underwater - they use their trunk as a snorkel!

Penguins make a huddle to stay warm together.

Home activity

- Practise kicking in your bed with the sheets tucked in - it helps make nice strong legs!
- Have a shower and get your whole head under the water.
- Can you remember all the water safety messages and tell your family what you learnt?



Swimsafe Lessons for a new swimmer

Swimsafe lessons are fun and help you learn how to stay safe in the water.

ccc.govt.nz/swimsmart

Swimsafe

Lessons for a new swimmer

Lesson one

- Meet the team
- Pool rules
- Hop in and show us what you can do
 - instructors will help you if you are nervous
- Meet your group and your own instructor
- Learn how to get in and out of the pool safely
- Move around in and under the water if you can
- Practise kicking

Lesson two and three

- Learn a new way of getting into the pool
- Blow bubbles
- Get your whole body wet (even your face!)
- Try pick up a toy from the bottom of the pool
- Float and kick with noodles or board

Lessons four and five

- Get your whole body wet - try to go under the water
- Practise floating on your front and back
- Practise kicking on your front and back
- Try gliding
- Swim without your goggles
- Exit from the pool a different way

Lesson six and seven

- Monkey crawling - even in deeper water
- Try picking up a toy from the bottom of the pool
- Polar bears - try going under water and pop up inside a hoop
- Kick with or without a board or noodle
- Try starfish floating by yourself

Life jacket and boat safety

Lesson eight

- Learn how to wear a life jacket correctly
- Get into the water safely with a life jacket
- Kick on your back wearing a life jacket
- Make a huddle - stay warm together
- Make a train - move and stay together
- Learn how to help someone in trouble (rope rescues)
- No goggles

Lesson nine

- Fit a life jacket correctly
- Safe entry into the water
- Make a huddle
- Climb into a boat and help others get inside
- Exit a boat safely with help
- Go under boat
- No goggles

Lesson ten

- PJ swim - learn what it feels like with clothes on in the water
- River swim - make some waves and walk or swim through it
- Whirlpool
 - make a strong current
 - try to stand still
 - try to swim against it
 - try to float with it

