

## 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 and 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?

The deepest pool in the world is 60 meters deep!

Blowing your bubbles will help you sit on the bottom of the pool!

You can buy lifejackets for pets!

## Home activity

- Practise your streamline position at home
- Practise your X, Y, I on the floor, then roll onto your back.
- Can you remember all the water safety messages and tell your family?



# Swimsafe

## Lessons for an intermediate swimmer

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

[ccc.govt.nz/swismart](http://ccc.govt.nz/swismart)



# Swimsafe

## Lessons for an intermediate swimmer

### Lesson one

- Meet the team
- Pool rules
- Hop in and show us what you can do
- Meet your group and your instructor
- Learn how to get in and out of the pool safely
- Streamline kicking front and back
- Freestyle and backstroke

### Lesson two and three

- Learn a new way of getting into the pool
- Streamline front and back
- Floating in different ways - X,Y,I and HELP
- Horizontal rotation
- Freestyle and backstroke with or without a board
- Learn how to scull
- Sit on the bottom of the pool

### Lessons four and five

- Deep water entry
- Practise your floating - front, back and X,Y,I
- Streamline kick front and back
- Horizontal rotation and arm circles - can you move 15 metres?
- Practice your sculling
- Learn how to tread water

### Lesson six and seven

- Arm circles with horizontal rotation
- Sculling - forwards and backwards
- Tread water - can you go for one or two minutes?
- Freestyle and backstroke - how far can you go without stopping?
- Float on your back for a minute

## 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 with life jacket
- Make a huddle - stay warm together
- Make a train - move & stay together
- Learn how to help someone in trouble (rope rescues)
- No goggles

### Lesson nine

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

### Lesson ten

- PJ swim - learn what it feels like with clothes on in the water
- River swim - make some waves and currents, then swim through it
- Whirlpool - make a strong current (like a rip)
  - try to stand still
  - try to swim against it
  - try to float with it

