

## 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?

Swimmers sweat in the pool so it's important to drink after your lesson!

Tigers and Jaguars are very good swimmers.

Fish can swim backwards!

## Home activity

- Hang out your togs and towel out to dry by yourself.
- Practise your sculling hands in the bath — watch how the water moves.
- Can you remember all the water safety messages and tell your family?



# Swimsafe

## Lessons for an advanced 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 advanced swimmer

### Lesson one

- Meet the team
- Pool rules
- Hop in and show us your best freestyle
- Meet your group and your own instructor
- Learn how to get in and out of the pool safely
- Streamline kicking front and back
- Freestyle and backstroke
- Horizontal rotation

### 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
- Freestyle and backstroke - 25, 50 or 100 metres
- Learn how to move down a river - sculling
- Swim without your goggles

### Lessons four and five

- Deep water entry
- Practise sculling - can you make one length?
- Tread water
- Learn survival backstroke
- Two lengths of non-stop swimming
- Horizontal rotation and somersault

### Lesson six and seven

- Go the distance - no stopping (one, two or four lengths)
- Tread water - can you do three minutes?
- Sculling - can you do one length?
- Sculling - forwards, backwards and side to side
- Float on your back for one minute with your hand up

## 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 and 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 or currents and swim through it
- Whirlpool - make a strong current
  - try to stand still
  - try to swim against it
  - try to float with it

