

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?

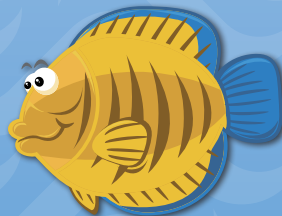
Swimmers sweat in the pool so it's important to drink after your lesson!

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



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

