SWIMMING LESSONS

Do it at home!

ACTIVITY BOOK

YMCA
SWIMMING LESSONS

the Y

CONTINUED LEARNING WITH THE Y

Edition 1.

Hello Parents,

At the Y we are passionate about providing our swimmers with opportunities to enhance their aquatic skills and knowledge in and out of the pool!

This activity booklet enables students to continue their learning with us when they may be away from lessons in the pool for holidays, illness or just taking a well-earned break!

It is designed with activities to work alone, with a friend, sibling or with a parent. We have also included a number of links for your child to participate in some fun and interactive online learning opportunities.

Hi Kids!

We know how much you enjoy coming to swimming lessons with us at the Y and hope you enjoy doing the activities we have in included in our booklet just as much.

You can work on some activities by yourself or with a friend. Why not test out your brother, sister, dad or gran and see if they know as much about water safety as you do?

If you have any cool ideas of what activities we should include in the future, please let us know.

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FIRST UP - TEST YOUR KNOWLEDGE IN THE QUIZ ZONE!

1. Water Safety TRUE or FALSE
2. Water Safety Quiz
3. Do you know these Safety Signs?

1 Water Safety TRUE or FALSE

Try your luck at answering as many of these questions correctly as you can.

Circle your response!

If you're a good swimmer, you don't have to wear a lifejacket on a boat.	TRUE	FALSE
You should always swim with a buddy.	TRUE	FALSE
If you're caught in a rip current, you should swim fast toward the shore.	TRUE	FALSE
Swimming in very cold water can be dangerous.	TRUE	FALSE
If you're in trouble at your local beach you should stay calm, raise your arm above your head and call loudly for help.	TRUE	FALSE
It is safe to swim at a closed beach.	TRUE	FALSE
A full bucket of water left in the laundry is not dangerous.	TRUE	FALSE
It is ok to leave a young child in the bath alone so long as you're listening from the other room.	TRUE	FALSE
It is dangerous to leave floaty toys in the pool when you're finished swimming.	TRUE	FALSE
It's ok not to wear a lifejacket in the boat so long as the driver is going slowly.	TRUE	FALSE
A rip is the part of the beach with the biggest waves.	TRUE	FALSE
911 is the correct number to call in Australia if you need an ambulance, fire engine or police.	TRUE	FALSE
You must always check the depth and conditions of the river before swimming – even if you've swam there before.	TRUE	FALSE
If you see someone in trouble in the water it is not a good idea to jump in to help them.	TRUE	FALSE

FIRST UP - TEST YOUR KNOWLEDGE IN THE QUIZ ZONE!

2 Water Safety Quiz

How many of these 10 questions can you answer?

Question 1. What is the safest form of entry into deep water?

Question 2. List two places around the house that could be potential water dangers?

Question 3. Name one survival stroke?

Question 4. What muscles in your body are used while swimming?

Question 5. Name one object that could be used for a throw rescue and one object that could be used in a reach rescue?

Question 6. Where should you swim at the beach?

Question 7. There are three ways in which you can keep yourself afloat in the water without an aid. Name one:

Question 8. When you are in a boat or paddling (in a canoe or kayak), you should always wear a?

Question 9. What does PFD stand for?

Question 10. Fill in the blank word from this statement "Never Swim _____"

How did you go? Total Score: _____

FIRST UP - TEST YOUR KNOWLEDGE IN THE QUIZ ZONE!

3 SAFETY SIGNS: do you know these?

The beach and the river are fun places to visit! They can also be unpredictable and dangerous to people who don't understand the dangers. That is why signs are in place to keep you safe and help you understand the things that you need to know when you visit.

Draw a line to match them up

STRONG CURRENT

NO BOATING

DEEP WATER

FIRST AID

NO FISHING

NO DIVING

Now that you know about safety signs, take a look at a few more of them HERE.

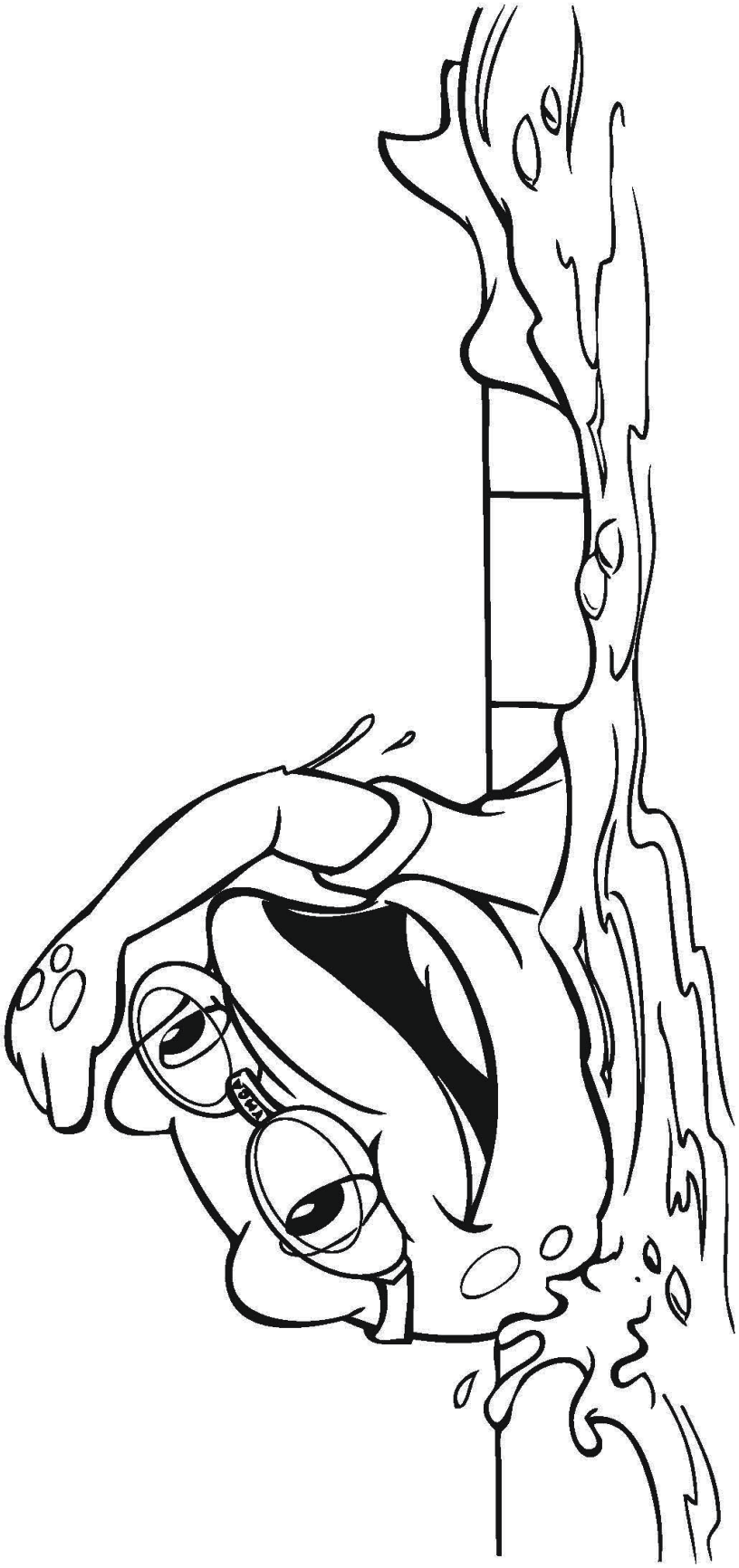
Our friend Tom the Surf Lifesaver has some things to let you know about signs at the beach CLICK HERE TO MEET TOM.

RELAX AND HAVE SOME

COLOUR ME IN TIME!

RELAX AND HAVE SOME

COLOUR ME IN TIME!



LET'S TALK ABOUT RIP CURRENTS!

CAN YOU SPOT A RIP?

Rips can change shape and location really quickly and may be difficult to see. They can hide very well and can be hard to see from where you're standing down on the sand.

That is why surf lifesavers often have a raised platform or a tower to view the water from.

If you look hard enough or stand on higher ground you might be able to see:

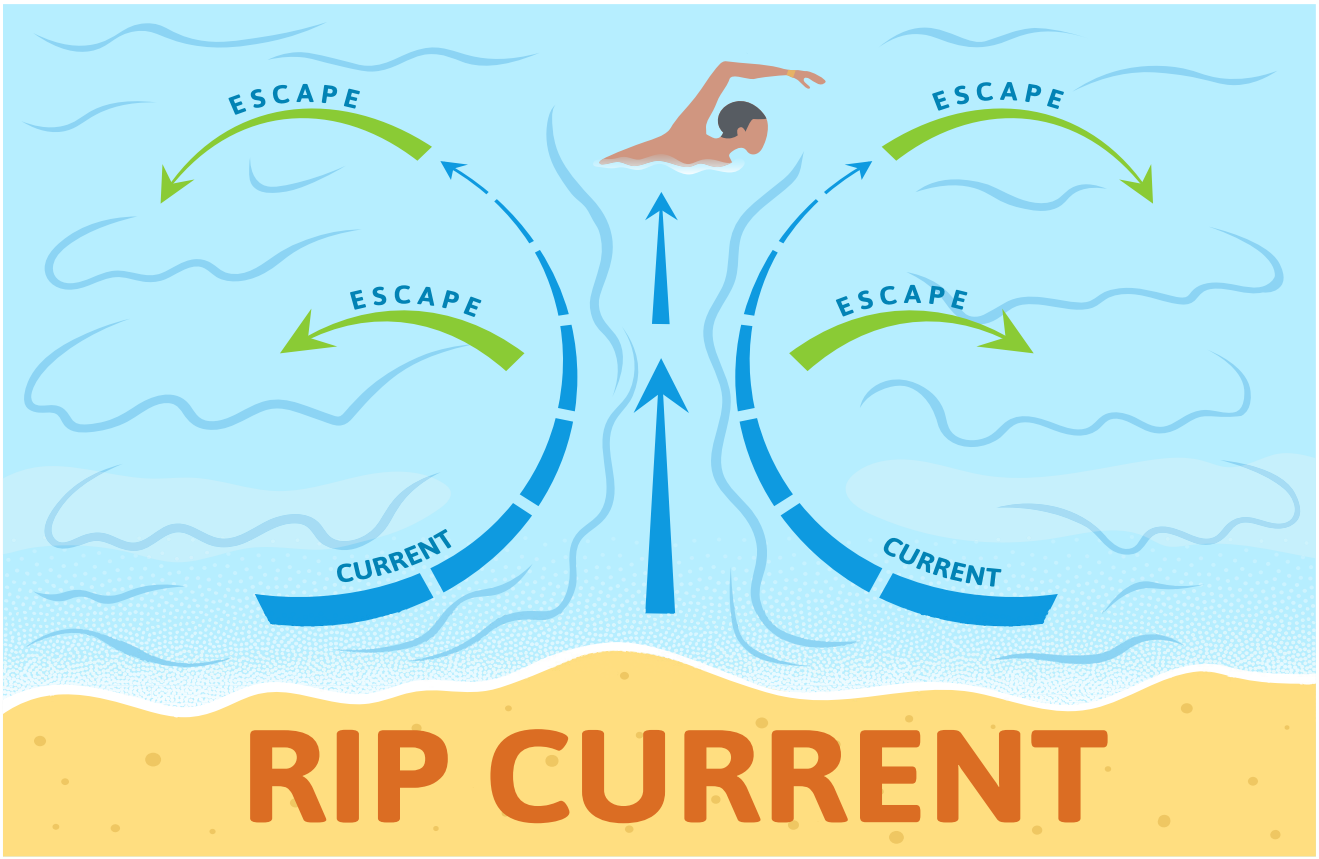
- An area with deeper, darker coloured water
- Not as many breaking waves in one section
- A rippled surface surrounded by still water and seaweed

Take a look at this video and you will see a rip in action HOW TO SPOT A RIP.

Would you know what to do if you were caught in a rip?

Here's three tips:

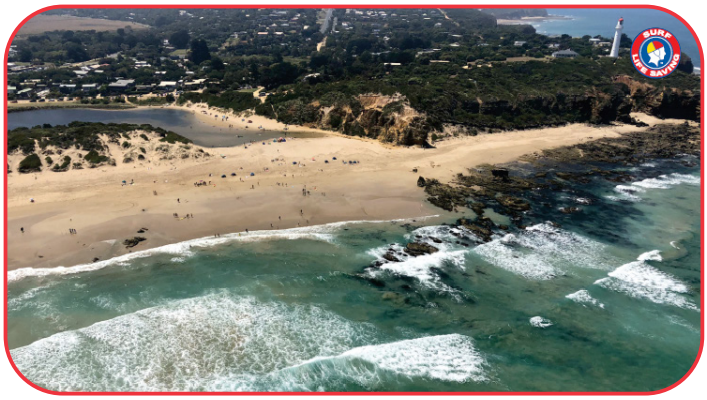
1. Try and stay calm, float on your back and raise an arm to attract attention.
2. While you're floating, the rip current may flow in a circular pattern and return you to a sandbar where you can stand.
3. You may escape the rip current by swimming sideways (parallel to the beach), towards the breaking waves.



LET'S TALK ABOUT *RIP CURRENTS!*

So, now can you spot a rip? Let's see!

Draw a circle or some arrows on these pictures where you think the rip might be.



PUZZLE PAGE

All about Swimming!

C A L R E T A W R E D N U F F W B
L G S M Q F N P T Q J B Z W R C V
B R S T R E A M L I N E K H W T C
X X B U K H T T B L G N I V I D Z
H X B T W D Y U W X S P C S Y H C
O F Z K T H T S E I T S K R S S R
D P H A L T C A V W B H G L E M T
F Q O U E U L L T N A U S R J R U
V L M R L W Z C B I P V M A E R A
F Y F L G E V I D K C U D A L W A
W L I W N A B A W U I V D D O P K
Y N V X Y W X W N U Z V Z W S I S
G G T U B A C K S T R O K E B I X
R Z M V H P W M T B U B B L E S R
G Z Q P P A R N R U T E L B M U T
V K J V W E K O R T S T S A E R B
Z J F R E E S T Y L E K T G T R S

Splash Duck dive Butterfly Bubbles Float Sculling Tread
Tumble turn Underwater Breaststroke Kick Streamline Diving
Freestyle Backstroke

What teacher's say!

1. CKIK RUYO SGLE _____
2. OWBL ESUBLBB _____
3. EARTG MWSGINIM _____
4. AYERD ETS GO _____
5. SHUP RYUO UTYMM PU _____
6. BHREAET _____
7. TALOF NO YRUO CAKB _____
8. SEE OYU XNTE WKEE _____
9. DSILE IN CLFERAULY _____
10. EAHBRTE IKKC GDILE _____

A LOVE FOR SWIMMING

There are so many things we love about learning to swim. Here are just a few: Everyone can do it - You can make new friends - It's great for your fitness - It's fun to be in water - It can help you enjoy things like snorkelling, surfing and standup paddle boarding.

Draw a picture of you enjoying swimming!

YMCA SWIMMING LESSONS ACTIVITY BOOK

We hope you've enjoyed having some fun and learning more about swimming and water safety. Here are a couple of fantastic apps we would recommend that you can continue your learning with. We hope you love them as much as we do!

Staying Safe Around The Water with **Autism Swim**

Water Safety Adventure with **Royal Life Saving Association Australia**

Be an everyday Life Saver with **Life Saving Victoria**

ACTIVITY BOOK *ANSWERS*

Water Safety TRUE or FALSE (page 2)

1. FALSE	2. TRUE	3. FALSE	4. TRUE
5. TRUE	6. FALSE	7. FALSE	8. FALSE
9. TRUE	10. FALSE	11. FALSE	12. FALSE
13. TRUE	14. TRUE		

Water Safety Questions (page 3)

Q1. Feet first entry - it is safer than a head first entry, especially when the water has debris that may or may not be seen on the surface. It allows the feet to feel for unseen obstacles below the surface. Different types of feet first entries that can be used in deep water are: Stride-in entry, compact jump, step-in.

Q2. Possible answers:

- Gates and barriers left open allowing easy access to a pool
- Unfenced home pools
- Eskies with melted ice
- Uncovered spa bath
- Filled paddling pools/inflatable pools which are not in use
- Buckets filled with liquids
- Fish ponds in gardens which may attract young children
- Bath filled with water or the plug left in
- Washing machines with open lids
- Toilets with open or accessible lids
- Dams, creeks, wells, water tanks and irrigation channels on properties

ACTIVITY BOOK ANSWERS

Q3. Answers could be: survival backstroke; breaststroke; sidestroke.
Q4. Almost all muscles.
Q5. Throw rescue: Esky, rescue ring, rope, life jacket, ball, kickboard. Reach rescue: Pole/stick, rescue ring, life jacket, kickboard.
Q6. Always swim between the red and yellow flags.
Q7. Sculling; treading water; floating.
Q8. Lifejacket.
Q9. Personal Floatation Device.
Q10. Alone.

Safety Signs (page 4)

Sign 1 - No fishing
Sign 2 - Strong currents
Sign 3 - No boating
Sign 4 - Deep water
Sign 5 - No diving
Sign 6 - First Aid

All about Swimming! (page 9)

C A L **R E T A W R E D N U** F F W B
L G S M Q F N P T Q J B Z W R C V
B R **S T R E A M L I N E K** H W T C
X X B U K H T T **B** L **G N I V I D** Z
H X B T W D Y **U** W X S P **C** S Y H C
O F Z K **T** H **T S** E I T S **K** R S S R
D P H **A** L **T C** A V W B **H** G L E M **T**
F Q **O** U **E U** L L T N A U **S** R J **R** U
V **L** M **R L** W Z C B I P V M **A E** R A
F Y **F L** G **E V I D K C U D A L** W A
W **L I** W N A B A W U I V **D** D O **P** K
Y N V X Y W X W N U Z V Z W S I **S**
G G T U **B A C K S T R O K E** B I X
R Z M V H P W M T **B U B B L E S** R
G Z Q P P A R **N R U T E L B M U T**
V K J V W **E K O R T S T S A E R B**
Z J **F R E E S T Y L E** K T G T R S

Splash Duck dive Butterfly Bubbles Float Sculling Tread
Tumble turn Underwater Breaststroke Kick Streamline Diving
Freestyle Backstroke

What teacher's say! (page 9)

1. CKIK RUYO SGLE Kick your legs
2. OWBL ESUBLBB Blow bubbles
3. EARTG MWSGINIM Great swimming
4. AYERD ETS GO Ready set go
5. SHUP RYUO UTYMM PU Push your tummy up
6. BHREAET Breathe
7. TALOF NO YRUO CAKB Float on your back
8. SEE OYU XNTE WKEE See you next week
9. DSILE IN CLFERAULY Slide in carefully
10. EAHBRTE IKKC GDILE Breathe Kick Glide

YMCA Swimming Lessons would like to thank the following organisations for their contribution to this booklet.

AS
AUTISM SWIM

Life Saving Victoria

SURF LIFE SAVING

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