INSTRUCTOR WORKSHEET

SYNCHRO CANADA'S

AquaSquirts TOO

A PLAY-BASED WATER-ORIENTATION PROGRAM TO DEVELOP SWIMMING SKILLS BY SYNCHRO CANADA

SYNCHRO CANADA

IN PARTNERSHIP WITH

Canadian Red Cross

INSTRUCTOR: _____ SESSION: _____

DAY/TIME: _____ LOCATION: _____

NAME AND ATTENDANCE

LESSON CONTENT

Kaleidoscope Magic – Floating Exercises, Kaleidoscope Floats, Stationary Scull (Smearing Paint), Kaleidoscope Log Rolls, Partner Kaleidoscope Activities.

Pirate Surprise – Rhythmic Breathing, Weight Transfer, Going Under, Treasure Search Sequence.

Circus Tricks – Under the Big Top, Clowning Around, Animal Fun, Circus Tricks - Deep Water, Circus Sequence.

Wild Weather – Moving like the Clouds, Moving with the Wind, Moving like Rain and Snow, Storm Warning! Giant Storm!

Anchors Away – Boating Activities, Show Boat! Regatta Mini-Sequence.

Adventures in Sport – Introduction, Shallow-End Sports, Deep-End Sports.

Oceans Alive – Sea Creature Skills, Oceans Alive Mini-Sequence.

Mirror Images – Listen for a Change Signal, Direction Change on the Surface, Direction Change Underwater, Direction Change with a Partner, Pattern Formation, Mini-Sequences.

Oh Canada! – Timing and Teamwork Skills, Linking Skills, Creating Patterns, Mini-sequences, Northern Adventures.

Show Time – Sample Skills, Demonstration Sequences.

A Participation Program.

RECOMMENDED CLASS SIZE
1:8 - 1:10

TOTAL ENROLLED

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