



# A Guide for Training AquaSquirts Instructors

- AquaSquirts
- AquaSquirts TOO

For Certified  
Water Safety Instructors





Synchro Canada

# **A Guide for Training AquaSquirts Instructors**

## **AquaSquirts**

## **AquaSquirts Too**

For Certified Water Safety Instructors

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## Introduction



*Welcome to AquaSquirts! Synchro Canada is pleased to be able to partner with the Canadian Red Cross in the delivery of both AquaSquirts and AquaSquirts Too.*

*AquaSquirts is the first program in Synchro Canada's Aqua Program series. The program was launched, via a pilot, in 2000. Both synchro and non-synchro instructors participated in the pilot and were very positive about the program.*

*AquaSquirts is a play-based, water-orientation program designed to develop swimming skills. Swimmers are encouraged to have fun in the water while experimenting with new ways to swim that will develop body awareness, improve breath control, increase comfort level, and encourage creativity.*

*Swimmers and Instructors who enjoyed their experiences with AquaSquirts were keen to have a follow-up program. AquaSquirts Too was therefore developed using the same formula — but with exciting new themes and an extra session!*

*Both the Canadian Red Cross and Synchro Canada are committed to developing better swimmers in a safe environment, which is why this partnership is such a good fit!*

*Synchro Canada has developed a 2 1/2 hour workshop designed to train Certified Water Safety Instructors to teach the AquaSquirts programs. This guide will help you deliver that workshop.*

*The training for AquaSquirts programs is not extensive, as Red Cross Water Safety Instructors have both the teacher training and the skill knowledge for most of the items in the AquaSquirts Programs. The purpose of the workshop is to provide Water Safety Instructors with information on AquaSquirts (philosophy, teaching methods, etc.), highlight some of the key AquaSquirts skills, provide Water Safety Instructors with some hands-on experience teaching AquaSquirts skills, and give Water Safety Instructors an opportunity to share ideas and get answers to any content or delivery questions they might have.*

*Thank you for helping the Canadian Red Cross and Synchro Canada deliver this program to Water Safety Instructors.*

*We hope you enjoy it!*

## Table of Contents

Workshop Outline - Overview .....	1
General Notes on Delivering the AquaSquirts Workshop .....	2
Workshop Outline with Teaching Notes .....	3
Practice-Teaching Tasks – AquaSquirts .....	8
Practice-Teaching Tasks – AquaSquirts Too! .....	9
Appendix: Handouts for Workshop Candidates .....	10
Course Outline .....	11
Description and Philosophy of AquaSquirts .....	13
About Teaching AquaSquirts .....	15
About the Design of AquaSquirts .....	17
The Practice-Teaching Task for AquaSquirts Programs .....	18
AquaSquirts/AquaSquirts Too Terminology and Key Skill Descriptions .....	19
Synchro Canada’s AquaSquirts Instructor Course Instructor Self-check List .....	23
Evaluation Form for AquaSquirts Workshop for Certified Water Safety Instructors .....	24

# Workshop Outline - Overview

## 1. Classroom Activities – 45 minutes

- ▶ Registration (5 minutes)
- ▶ Introduction of facilitator(s) and candidates (10 minutes)
- ▶ Workshop overview and expectations (5 minutes)
- ▶ Description of AquaSquirts programs (10 minutes)
- ▶ Preparation for practice teaching (15 minutes)

## 2. Change for Pool – 10 minutes

## 3. Pool Session – 80 minutes

- ▶ Overview of pool session and questions (5 minutes)
- ▶ Teaching demonstration of key skills (30 minutes)
- ▶ Practice teaching (40 minutes)
- ▶ Wrap-up and evaluation (5 minutes)

## **General Notes on Delivering the AquaSquirts Workshop**

### **What do you need to teach this workshop?**

- ▶ This guide (which includes course notes for candidates)
- ▶ *AquaSquirts Instructor's Guide* and *AquaSquirts Too Instructor's Guide*
- ▶ A sense of FUN!

### **What will facilitate your delivery?**

- ▶ Pre-course reading – ideally, candidates will arrive having familiarized themselves with the *AquaSquirts Instructor's Guide* and the *AquaSquirts Too Instructor's Guide*
- ▶ Your preparation – ensuring that you are familiar with the program, the workshop outline, and the practice teaching tasks
- ▶ Your sense of FUN!

# Workshop Outline with Teaching Notes

## Classroom Activities – 45 minutes

### 1. *Registration: 5 minutes*

- ▶ Ensure that all candidates are registered with their correct contact information so that they can be entered in the AquaSquirts database.

### 2. *Introduction of Facilitators and Candidates: 10 minutes*

- ▶ Allow a few minutes at the beginning to let you and the candidates get acquainted:
  - For facilitators — Name, position, aquatic background;
  - For candidates — Name, aquatic experience, and an interesting/fun piece of personal information.

### 3. *Workshop Overview and Expectations: 5 minutes*

#### ▶ **Handout – Course Outline (see Appendix)**

This handout gives candidates an overview of the workshop, including the materials required, workshop objectives, learning objectives, and an outline of the classroom and pool activities.

#### ▶ **Teaching Notes on Course Objectives**

The Canadian Red Cross (CRC) Certified Water Safety Instructor (WSI) has already been trained to teach people to swim. In the CRC Instructor Training Program, instructors are taught that swimmers learn differently, and a variety of teaching methods are introduced. The guided discovery approach is one of these methods.

This workshop focuses on the AquaSquirts programs. These programs rely on the guided discovery approach to introduce swimming in a non-evaluative, play-based environment.

The goal of the workshop is to offer Certified CRC Water Safety Instructors a professional development opportunity that both provides them with another teaching designation and expands their repertoire of teaching techniques. The skills learned in this workshop will benefit participants in their role as CRC Certified Water Safety Instructors.

**Participation** is key. Discussion and sharing of ideas on the delivery of the program with peers and the Facilitator will greatly enhance the quality of the workshop.

► **Teaching Notes on Learning Outcome**

Once candidates have completed the workshop, it is our hope that they will be able to provide swimmers with an AquaSquirts program based on the parameters of the program, which are incorporated in the following learning outcome statement:

**Learning Outcome:**

To be able to conduct a series of AquaSquirts sessions in a play-based manner, keeping participants active by using activities and language appropriate to the age and development of participants while maintaining a fun and safe environment.

**4. Description of AquaSquirts Programs: 10 minutes**

► See the handout Description and Philosophy of AquaSquirts (Appendix).

The description of the AquaSquirts programs is contained in a handout for workshop candidates. There are three sections: About the AquaSquirts Programs, About Teaching AquaSquirts, and About the Design of AquaSquirts. As the Facilitator, you decide whether to hand these notes out before your discussion or after you have presented this information.

The handout covers what AquaSquirts is, what its philosophy is, what its goals are, who it's designed for, what skills AquaSquirts participants need, what equipment is needed, what awards are available, and where the program fits in both Canadian Red Cross and Synchro Canada programs.

► **Teaching Notes on About Teaching AquaSquirts**

The handout in the Appendix covers who can teach the AquaSquirts programs, what's unique about the programs, and why people should teach the programs.

► **Teaching Notes on About the Design of AquaSquirts**

The handout in the Appendix illustrates how the course is designed and offers additional information.

## **5. Preparation for Practice Teaching: 15 minutes**

- ▶ Explain the practice teaching experience – see The Practice-Teaching Task for AquaSquirts Programs in the Appendix.
- ▶ **Teaching Notes on the Preparation for Practice Teaching**

The aim of this activity is to ensure the following:

- To prepare candidates to cover all the parts of a teaching session in the workshop's practice teaching activity. (No review task for teaching skills has been included in the workshop, because it is assumed that candidates already know these skills).
- To ensure that a sample activity from each of sessions one through eight (see the AquaSquirts *Instructor's Guide* or *AquaSquirts Too Instructor's Guide*) is incorporated into the practice teaching activity. You may choose all of the tasks from the *AquaSquirts Instructor's Guide*, or you may choose a selection of tasks from both instructor guides. The key is to include one item from each session.
- A list of sample practice-teaching tasks from both programs is provided. You can assign groups of two or three Water Safety Instructors to one task, depending on the size of the class and keeping in mind the aim of this session. Review the learning objectives and the instructions to the candidates that are provided in the handout on The Practice-Teaching Task for AquaSquirts Programs (see Appendix).

Once the practice-teaching task has been assigned, give candidates 10 minutes to prepare a mini-lesson on the assigned task.

## **Change for Pool: 10 minutes**

- ▶ While participants are changing for the pool and working on their practice teaching task, make sure that equipment such as hoops, balls, and noodles is on deck for candidates' use.

## **Pool Activities – 80 minutes**

### **1. Overview of Pool Session and Questions - 5 minutes**

#### **► Teaching Notes on Overview of Pool Session and Questions**

Participants may have questions from the classroom session. You can give them some time to discuss questions at the beginning of the pool session or give them the option of asking questions later in the session.

Appropriate question periods often depend on course dynamics, requiring you to respond to the class-specific situation. In general, it is usually a good idea to check with candidates on a regular basis to make sure that everyone is with you!

### **2. Teaching Demonstration of Key Skills: 30 minutes**

- Demonstration of sculling, eggbeater, dolphin kick, mini-sequence and counts, swimming in a pattern, and linking skills. See AquaSquirts/AquaSquirts Too Terminology and Key Skills Descriptions in the Appendix.

#### **► Teaching Notes on Teaching Demonstration of Key Skills**

This part of the workshop gives Water Safety Instructors an opportunity to view and discuss the important technical and teaching elements of some key synchro skills, in particular sculling skills. This part of the workshop also mentions terms that Water Safety Instructors may not be familiar with, such as sequence and pattern, and provides opportunities for demonstrations of these skills.

The aim of this part of the workshop is to ensure that Water Safety Instructors recognize the elements of a correct skill and know how to teach it. (For the most part, these skills will be familiar, because they are taught in the CRC Water Safety Instructor Program. This part of the workshop thus acts as a review and gives candidates an opportunity to exchange teaching tips.)

#### **► Teaching Notes on Organizing this Part of the Workshop**

You can have all participants demonstrate these skills and then share key teaching points, or you can arrange a demonstrator so that the candidates can observe the skill and discuss key elements and teaching points after the demonstration.

Candidates may need a few moments to write down additional notes, especially if teaching tips are being exchanged.

Only 30 minutes have been scheduled for this part of the workshop. In some cases, candidates may need extra time.

### **3. Practice Teaching: 40 minutes**

- ▶ Give candidates a moment to get the equipment they need for this part of the workshop.
- ▶ Suggested Format
  - Start with Task 1 and continue through Task 8.
  - After each demonstration, offer brief comments on the activity – Was it age-appropriate, fun, and safe, and was the theme appropriate?
  - Encourage candidates to suggest other format options.
  - Offer a positive comment (on creativity, extension activity, etc.) and move on.

#### **▶ Teaching Note on Practice Teaching**

The suggested time for each practice teaching session is 5 minutes, which includes the time for post-session discussion. You will need to monitor this to keep the workshop running on schedule.

### **4. Wrap-Up and Evaluation: 5 minutes**

- ▶ **Evaluation**
  - An Instructor Self-Check List (see the Appendix)
  - Distribute and collect workshop evaluation (see the Appendix)
  - Contact Person: Synchro Canada AquaSquirts Zone Coordinator or CRC Zone Manager

## Practice-Teaching Tasks – AquaSquirts

TASK	SESSION	COMPONENT	PAGE	TEACHING TASK/IDEAS
1.	# 1	Stretching	1 & 32	Introduce Stretching Order of stretch See main lesson for Raggedy Ann and Tin Soldier
2.	#2	Warm-Up	3	Use 2 of the warm-up activities, keeping in mind that the theme is “Let’s Go Underwater”
3.	#3	Main Lesson	5/6	Introduce Going Upside Down (use nose clips!) Experiment – handstands and somersaults Bat Hangs
4.	#4	Main Lesson	7	Introduce Experimenting with Different Ways to Move Choose 4 items from the teaching tips box.
5.	#5	Main Lesson	11	Create A Boat – choose one -with equipment -without equipment Not the Regatta!
6.	#6	Main Lesson	14	Introduce Sea Creature Mini-Sequences On Stomach From the Deck
8.	#8	Main Lesson	17 & 11	Performance Sequence Use the Regatta theme and practise the “Welcome to the Regatta” sequence, using a straight line.

## Practice-Teaching Tasks – AquaSquirts Too!

TASK	SESSION	COMPONENT	PAGE	TEACHING TASK/IDEAS
1.	#1	Stretching	1 & 47	Do a few stretches using Kaleidoscope Stretch: Mirror Image Stretch Day! Partners or small groups.
2.	#2	Warm-Up	7	Use 2-3 ideas from the warm-up section Theme is Pirate Surprise
3.	#3	Main Lesson	15	<b>Stretch - Tuck – Skip - Stretch!</b> Alone, then with partner Theme is Circus Tricks
4.	#4	Main Lesson	20/21	Storm waves on the water Tumbleweeds on the prairie Theme is Wild Weather
5.	#5	Main Lesson	27	Row the boat sequence Theme is Anchors Away
6.	#6	Main Lesson	32	Rowing- two person rows rowing 8s if time Theme is Adventures in Sports
7.	#7	Main lesson	36/37	Flying dolphin, oyster and alligator/sea turtle Theme is Oceans Alive.
8.	#9	Main Lesson	46	Mini Sequence - Pacific Coast dolphins Theme is Oh Canada!

## **Appendix: Handouts for Workshop Candidates**

- 1. Course Outline**
- 2. Description and Philosophy of the AquaSquirts Programs**
  - ▶ About the AquaSquirts Programs
  - ▶ About Teaching AquaSquirts
  - ▶ About the Design of AquaSquirts
- 3. Practice-Teaching Task for AquaSquirts**
- 4. AquaSquirts Terminology and Key Skill Descriptions**
- 5. Instructor Self-check List for AquaSquirts**

## Course Outline

**Time: 2 – 2½hours**

### **Materials and Equipment Needed**

- ▶ *AquaSquirts Instructor's Guide*
- ▶ *AquaSquirts Too Instructor's Guide*
- ▶ *AquaGames Instructor's Guide*
- ▶ Notes for Workshop Candidates (these notes)
- ▶ Bathing suit, goggles, and nose clips

### **Content**

- ▶ Description and philosophy of AquaSquirts
- ▶ How to teach AquaSquirts and key aqua skills

### **Course Objectives**

- ▶ To provide an understanding of the AquaSquirts programs including where they fit in both CRC and Synchro Canada programs
- ▶ To introduce key aquatic skills and ways to teach them
- ▶ To offer candidates a practical session that covers all of the components of an AquaSquirts session plan, with the opportunity to discuss delivery options with peers
- ▶ To ensure that candidates are comfortable with the philosophy, methodology, content, and goals of the program when the workshop is complete

### **Learning Outcome:**

- ▶ To be able to conduct a series of AquaSquirts sessions in a play-based manner, keeping participants active by using activities and language appropriate to the age and development of participants while maintaining a fun and safe environment

### **Classroom Activities – 45 minutes**

- ▶ Registration
- ▶ Introduction of facilitators and candidates
- ▶ Course overview and expectations
- ▶ Description of AquaSquirts
- ▶ Preparation for Practice Teaching

### **Change for Pool – 10 minutes**

### **Pool Session – 80 minutes**

- ▶ Overview of pool session and questions
- ▶ Teaching demonstration of key skills
- ▶ Practice teaching
- ▶ Wrap-up and evaluation

# Description and Philosophy of AquaSquirts

## About the AquaSquirts Programs

- ▶ **What are they?** Play-based, water-orientation programs designed to offer young swimmers an opportunity to have fun in the water while developing swimming skills. AquaSquirts is the base program, while AquaSquirts Too is the follow-up.
- ▶ **What is the philosophy?** That play fosters confidence and relaxation, and results in an enjoyable and successful swim.
- ▶ **What is the goal?** For swimmers to enjoy participating in aquatic activities, for swimmers to become comfortable and familiar with shallow- and deep-water positions through various play-based water skills, and for instructors to enjoy delivering the program in a safe environment.
- ▶ **Who is it for?** For children aged 11 and under.
- ▶ **What skills do swimmers need?** The ability to float in the water, the ability to move comfortably in chest-deep water. An introductory swimming program is strongly recommended.
- ▶ **What equipment is needed?**
  - For swimmers – nose clips and goggles!
  - For the program – hoops, noodles, pull-buoys, mats, flutter boards, diving sticks, or pucks etc.; music and stereo system where possible.
- ▶ **What awards are available?** Each program has its own participation certificate, and both come with a colourful “Squirt” Congratulation Sticker.
- ▶ **Where does it fit in Synchro Canada’s Program?**
  - AquaSquirts is included in Synchro Canada’s Aqua Programs Package, which is part of Synchro Canada’s recreational “Fun with Synchro Programs” for swimmer development.

## *Other Aqua Programs Under Development*

- ▶ AquaSquirts For Younger Swimmers is recommended for children under 7. (This program is scheduled for release in the Spring of 2005.)
- ▶ The AquaProgram for Teens and Adults is recommended for those aged 12 and over.

### ***Where Does AquaSquirts Fit in CRC Programs?***

- ▶ Recommended after AquaQuest 4 or equivalent\* (\*in accordance with the new CRC program structure for 2005).

## **About Teaching AquaSquirts**

### **Who Can Teach It?**

- ▶ Any certified Water Safety Instructor who —
  - Is enthusiastic about swimming
  - Can create a positive atmosphere
  - Is creative
  - Can play with Children
  - Is knowledgeable about teaching methods for fundamental swimming skills

### **How Is Teaching AquaSquirts Different from Teaching Other Learn-to-Swim Programs?**

- ▶ The philosophy — the programs are play-based.
- ▶ The content — the skills are delivered through theme play.
- ▶ The teaching technique — it's largely the guided discovery method.
- ▶ The goals — are for swimmers to
  - Have fun;
  - Improve their general swimming skills such as water orientation, breath control, comfort level, feel for the water, and kinesthetic awareness.
- ▶ The evaluation — it's participation based.

### **As a Certified Water Safety Instructor, Why Would You Want to Teach AquaSquirts?**

- ▶ It's fun to teach! Participation and having fun are the main focus!
- ▶ It gives you an opportunity to use an alternative teaching methodology. This will help you when you teach other learn-to swim programs.
- ▶ User-friendly lesson plans are provided — but they're flexible!
- ▶ Supplementary resources are available and accessible.

- ▶ It gives you an additional teaching designation.

## About the Design of AquaSquirts

### How Are AquaSquirts Programs Designed?

- ▶ The base AquaSquirts program consists of 9 sessions, with 3 supplemental sessions for synchro-specific programs. The follow-up program, AquaSquirts Too, consists of 10 sessions.
- ▶ The programs are each presented in an instructor's guide - the *AquaSquirts Instructor's Guide*, and the *AquaSquirts Too Instructor's Guide*.
- ▶ Most lesson plans in a session include the following
  - Objective;
  - Stretch;
  - Warm-up;
  - Review;
  - Main lesson;
  - Optional additional activities;
  - Wind-up.

### What Else Do You Need to Know?

- ▶ Teaching tips are provided throughout both instructor's guides.
- ▶ Most skills covered in the AquaSquirts programs are found in the AquaQuest program. As a Certified Water Safety Instructor, you are already familiar with most AquaSquirts skills.
- ▶ Today is your day to learn about the Aqua skills you're not familiar with and to discover fun ways to introduce them to your classes.

# The Practice-Teaching Task for AquaSquirts Programs

## Learning Objectives

- ▶ To have an opportunity to participate in a practical session in which all of the components of an AquaSquirts lesson plan will be covered.
- ▶ To provide candidates with an opportunity to discuss delivery options once the practice-teaching task has been assigned.

## Instructions to Candidates

- ▶ In pairs or groups of three, you will be assigned a teaching task that is from one component of a session in either AquaSquirts or AquaSquirts Too. You will be teaching to the rest of the group. You will have 15 minutes to prepare for this practice-teaching experience, which will take place in the pool.
- ▶ Prepare a 5-minute micro-lesson based on one assigned task.
  - For example, Task #1 from Session #1 is to introduce stretching in a way that is appropriate for children 11 and under.
- ▶ Keep in mind the program philosophy, which is play-based and fun, and the ages and gender of the children in designing activities.
  - The themes of the session should help you to plan activities that are fun and age appropriate.
- ▶ Familiarize yourself with the session objective and the information preceding the skills (e.g., Bat Hangs) that you are teaching.

## AquaSquirts/AquaSquirts Too Terminology and Key Skill Descriptions

### Key Skills

#### *Sculling, Stationary*

- ▶ Once swimmers have that **long, stretched** body position (head in-line with spine, chin out of the water, hips up, feet stretched), they can try stationary sculling. Swimmers put their hands by their **hips** with **palms flat**, facing the bottom of the pool/lake. The forearms move in an in-and-out motion, and the upper arm stays relatively still. The arm does NOT fully extend during the out motion. Get swimmers to “feel” the water.
- ▶ Items to check:
  - Elbows away from body
  - Upper arms still
  - Palms never visible
  - Wrists and fingertips on same level
  - Hands flat
  - Fingers together
  - Pressure even on both sweeps
  - Movements, smooth, firm, continuous
- ▶ See AquaSquirts, Session #1

#### *Sculling, Head First*

- ▶ The basic difference in head-first sculling is the angle of the wrists. Swimmers need to flip their palms up so that their finger tips are just below the surface. Swimmers perform the same sculling action as in stationary sculling, but because their palms are pushing the water toward their feet, their body moves in the opposite direction. One way to describe this action is to tell swimmers they’re “waving good-bye.”
- ▶ See the Teaching Tip in AquaSquirts, Session #4, for other ideas.

### ***Sculling, Foot First***

- ▶ Follow the basic sculling guidelines to move foot-first, except change the angle of the wrist and forearm so that the fingers are pointing toward the bottom of the pool. Swimmers move the water toward their head, which moves the body in the opposite direction – foot first!
- ▶ See the Teaching Tip in AquaSquirts Too, Session #5.

### **Other Skills**

#### ***Eggbeater***

- ▶ See AquaSquirts, Session #4

#### ***Dolphin Kick***

- ▶ Dolphin kick can be easily learned by kicking underwater on the front, on the side, or on the back. The emphasis should be on kicking up and down. When the swimmer is kicking down, the hips should rise, breaking the surface. When the swimmer is kicking up, the hips should drop so that the swimmer feels an arch in the lower back.
- ▶ See AquaSquirts, Session #4

### ***Upside down Skills***

- ▶ Both programs offer upside down skills. AquaSquirts Too, Session #2, introduces a weight-transfer activity, and Session #3 in both programs focuses on upside-down skills, providing numerous different fun activities.
- ▶ Nose clips are important if you want swimmers to try these upside-down skills without discomfort!

### ***The Mini-Sequence***

- ▶ In a sequence, the strokes and skills that swimmers have learned are linked together — kind of like putting words together to make a sentence. In the AquaSquirts programs, sequences are introduced in the first session. In AquaSquirts, swimmers are asked to perform three kinds of animal shapes, letters, etc., in a continuous action. This is a somewhat stationary sequence.
- ▶ Sequences can also involve movement, and, in AquaSquirts Too, Session #1, swimmers use their floating skills to form a moving sequence in kaleidoscope floats.

- ▶ Sequences can be made up of strokes. See the additional activities in AquaSquirts, Session #4, for one example.

### ***Swimming in a Pattern***

- ▶ This skill promotes awareness of others, which is an important safety feature in any aquatic environment. Have candidates move in a circle, change to a box, etc.
- ▶ It's important for safety reasons for swimmers to get used to being aware of the people around them in a pool setting. AquaSquirts introduces pattern activities, while AquaSquirts Too provides further opportunities to try patterns, including using noodles, to visually set the picture before the swimmers try it. (See AquaSquirts Too, Session #1, and try the kaleidoscopes with noodles.)

### ***Signal Change Underwater/ Counting***

- ▶ If you want swimmers to receive an instruction underwater, or you want to help them perform the skill at the same time, you can create a change signal by either tapping on a metal ladder or placing a pole in the water and tapping on it. You can also use a piece of PVC plastic (rigid tubing) on the pool edge without damaging it. Remember that sound carries well underwater, so don't tap too much or you'll disturb other classes.
- ▶ Try using a signal change with candidates using sea creatures they make up on the spot!
- ▶ Another way to get swimmers to perform their skills at the same time is to use counts. The use of counts is up to the instructor. Other cues include watching partners or watching instructors for directions on when to make a change.
- ▶ See AquaSquirts, Session #1, and AquaSquirts Too, Appendix.

### ***Music***

- ▶ As with counts, the use of music is optional. In synchro, music is counted so that swimmers know what they're doing on each beat. This is not necessary in AquaSquirts, but the use of music as background at any time in a lesson can really boost the Fun quotient!
- ▶ There are many opportunities for great moments of music with the themes in AquaSquirts Too. Even just playing a short piece during the stretching that goes with the theme could become a part of class swimmers really look forward to.

## ***Linking Skills***

- ▶ AquaSquirts Too offers swimmers a number of opportunities to link-up with a partner. Some of these involve mirroring techniques, but some involve physically holding onto another swimmer. The key part of these attachments is that each swimmer needs to hold himself or herself up in their floating position, and not rely on a friend for support!
- ▶ When holding the ankles of another swimmer,
  - the palm of the supporting hand should be facing the ceiling
  - the elbow should be tucked in tightly against the swimmer's side
  - the hand should lightly support the other swimmer's ankle from underneath
- ▶ If a swimmer is tucking his or her toes under another swimmer's chin (tugboat connection), it must be done gently. Also watch for long nails on the hands or toes that could cause damage!
- ▶ To change position once swimmers are connected, movements must be smooth and controlled, and each swimmer must still think about using his or her own body muscles to stretch and support himself or herself.
- ▶ If swimmers are sinking, you could place pull-buoys under their feet or legs, or you could use a lifejacket for extra support.
- ▶ Try AquaSquirts, Session #1, Partner Accordians (Additional Activities) or AquaSquirts Too, Session #1, Log Rolls, and Session #4, Ice Planks.

## ***Using Imagery and Imagination***

- ▶ The AquaSquirts sessions have been made using well-defined themes. If you do not have the equipment /pool space, etc., that is suggested take these ideas as a starting point and then use your imagination. Adding a creative background to any skill practice can make it more enjoyable. In terms of the philosophy of this program, doing this is very necessary!
- ▶ Optional activity: Have swimmers choose four different themes not covered in the AquaSquirts programs (possibilities include jungles, outer space, spies). How would you get them to swim front crawl across the width in keeping with that theme? Use partners if possible — just try to get their imaginations going!

## **Synchro Canada's AquaSquirts Instructor Course Instructor Self-check List**

Here's a self-check list you can use when planning your AquaSquirts lesson and evaluating your class.

### **In my AquaSquirts/AquaSquirts Too class, I demonstrated**

- ▶ **Enjoyment** – I showed that I was enjoying myself.
  
- ▶ **Preparation** – I knew my class session material.
  
- ▶ **Class Management** – I used safe, well-paced activities in a supportive atmosphere.
  
- ▶ **Creativity** – I used fun activities, and I used guided discovery to teach them.
  
- ▶ **Understanding of Group/Individual Needs** – I used language and activities that were appropriate for participants' age and ability.

**Did you do this today?**

**Evaluation Form  
for  
AquaSquirts Workshop for Certified Water Safety Instructors**

Thank you for participating in the AquaSquirts Workshop for Certified Water Safety Instructors. If you could give us just a few more minutes of your time to offer **your** perspective on this workshop, we'd really appreciate it! Your feedback on what worked and didn't work for you is the key to improving this workshop.

***(Check one)***

**Classroom Activities**

**Yes**

**No**

Was the course outline clear to you?

Was the information presented useful?

Was enough information presented?

Was the practice-teaching task clear?

Was enough time allotted to the classroom activities?

Other comments on the Classroom Activities (Likes/Dislikes/Improvements):

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**Pool Activities**

**Yes**

**No**

***Demonstration of Key Skills***

Was the demonstration of key skills useful?

Would you like other skills to be included in the demonstration?

Would you like skills to be dropped from the demonstration?

**Practice-Teaching Task**

**Yes**

**No**

Did you find the practice-teaching session useful?

Was enough time allocated to practice teaching?

Other comments on the Pool Activities (Likes/Dislikes/Improvements):

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***Thanks again for your participation and assistance!***

***Please return this form to your CRC Water Safety Zone Advisor.***