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Preschool Aquatics Combo Lesson Plan

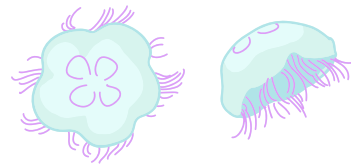
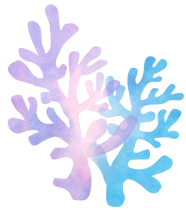
Theme: 🧜‍♀️♀️ The Enchanted Sea

Ages: 3-5

Levels: Preschool Aquatics Level 1 & 2

Length: ~30 minutes

Setting: Heated pool, shallow area



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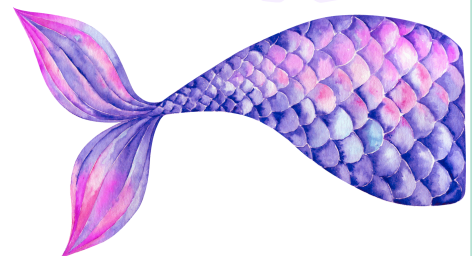
Welcome & Warm-Up (5 minutes)

“Mermaid & Merman March”

- Enter pool using stairs or side as a group.
- Sing “If You’re Happy and You Know It” with movements:
 - Splash your hands 🙌
 - Blow some bubbles 🐬
 - Wiggle like a fish 🐟
 - Float like a starfish ⭐

Goal: Water adjustment, entry/exit skills, group rapport

Skills: Enter independently, walk in chest-deep water, water comfort



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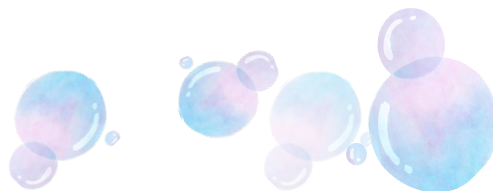
Bubble Magic (5 minutes)

"Blow Bubbles to Wake the Sea Creatures"

- Pretend sea creatures are asleep. Blowing bubbles "wakes them up."
- Use foam noodle "wands" or ring targets for blowing bubbles.
- Submerge just mouth → then nose → then eyes.

Goal: Breath control & gradual submersion

Skills: Blow bubbles, submerge face (L1), bobbing (L2), open eyes & retrieve objects (L2)



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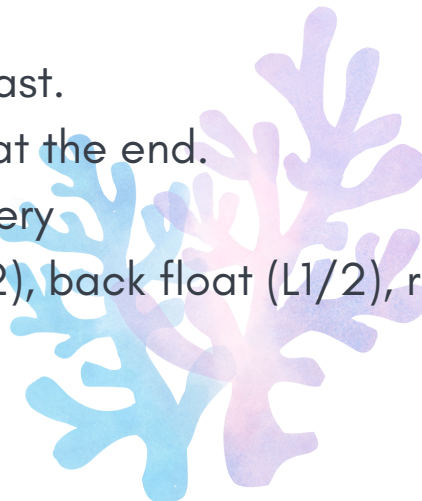
Gliding Through Coral Reefs (5 minutes)

"Swim Past the Coral"

- Front glides: Push off wall or with instructor, glide 2 body lengths.
- Use imaginary coral reefs to glide past.
- Roll to back & float like a sea otter at the end.

Goal: Buoyancy on front & back + recovery

Skills: Front glide (L1/2), back glide (L1/2), back float (L1/2), roll front to back



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Swim Like a Sea Creature (10 minutes)



Stations or Group Rotation (your call):

1. **Mermaid Kicks** : Sit & kick (alternating/simultaneous leg action on front)
2. **Octopus Arms** : Practice front arm pulls (alt + sim), supported with noodles
3. **Sea Turtle Paddle** : Combined arm + leg action on front with kickboards
4. **Sea Star Float** : Back float with help, fins optional
5. **Bubble Treasure Hunt** : Submerge & retrieve colored gems or dive rings

Goal: Explore arm/leg combos on front/back, swimming with support

Skills: Combined arm + leg on front/back (L1/L2), treading motions, submersion with retrieval

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Water Safety Wrap-Up (3-5 minutes)

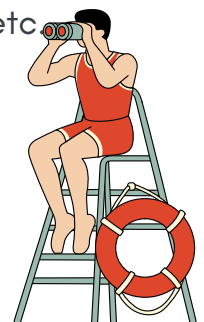
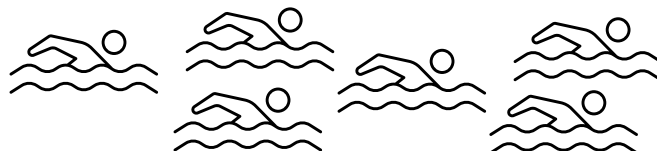
“Lifeguard Lookout” Game

- Ask: Who keeps us safe at the pool? (Point to lifeguard stand!)
- Sing: “Don’t just pack it, wear your jacket!” (Show/demonstrate life jacket)
- Play pretend: “Call for help like a dolphin!” (Hands by face, big “eee eee!”)

Goal: Build water safety awareness in a playful way

Skills: Lifeguard recognition, life jacket use, calling for help, sun safety

Rotate focus weekly across: “Too Much Sun is No Fun,” “Emergency,” etc.

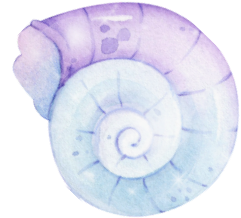




Ending Ritual - "The Magic Shell" (2 min)

- Each child gets to "whisper a secret wish" into a shell (real or plastic), signaling they've completed today's magical sea journey.
- High-five and exit safely with encouragement.

Skills: Exit independently, end on a positive emotional note



Optional Add-Ons:

- Props: Seashells, toy fish, mermaid tail kickboards, bubbles
- Dress-Up Days: Mermaid Monday, Treasure Hunt Tuesday, etc.
- Take-Home Activity: Coloring sheet with today's sea creature

Preschool Aquatics Combo Class lesson plan (Level 1 + Level 2 blend) built around your "Enchanted Sea" theme. This plan balances skill-building with magical, imaginative play – giving preschoolers a memorable and developmentally appropriate swim experience while hitting Red Cross objectives.

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Navigating Neva