

The background is white with scattered blue and purple stars of various sizes. There are also decorative circular patterns with dots in shades of blue and purple. On the left and right sides, there are stylized coral reef illustrations in blue and purple. At the bottom left, there is a cartoon illustration of a mermaid with long, flowing dark hair, wearing a blue and purple patterned top, and a blue tail. She is swimming upwards with a happy expression.

WEEKLY LESSON STRUCTURE

MERMAID CREW

AGES: 6-12

DURATION: 45 MINUTES

**MEETS ONCE/WEEK FOR 6
WEEKS**

GOALS:

- **DOLPHIN KICK MASTERY**
- **HAND SCULLING +
DIRECTIONAL CONTROL**
- **BREATH CONTROL + DIVES**
- **VERTICAL KICKS + CORE
STRENGTH**
- **IMAGINATIVE PLAY +
THEMED GAMES**
- **MERMAID TEAMWORK +
CONFIDENCE**

MERMAID CREW – Weekly Lesson Structure

Ages: 6–12

Duration: 45 minutes

Meets once/week for 6 weeks

Goals:

Dolphin kick mastery

Hand sculling + directional control

Breath control + dives

Vertical kicks + core strength

Imaginative play + themed games

Mermaid teamwork + confidence

MERMAID CREW

LESSON TOOL KIT

Welcome + Mermaid Activation

- Mermaid roll call (each student picks a mermaid name)
- Dryland demo: swing leg dolphin kick + tip tails (in air)
- Set the theme: “Today we’re training in the Moonlight Lagoon” or “Exploring the Treasure Reef”

Warm-Up + Core Activation (No Fins Yet)

- Sit on noodle, swing legs in dolphin kick rhythm (“swing like a seahorse”)
- Lay on back, arms extended: dolphin kicks with noodle under head (core tight!)
- Add belly stone challenge: small toy or ball balanced while kicking
- Game: “Don’t Drop the Coral!” – keep the belly toy on while kicking across the pool

Tip Tail Time (Fins On)

- Point and flex feet — in water, then in air (cue: “tip your tail!”)
- Do it seated, prone, and upside down (on back)
- Mix with counting game: “How many tips in 30 seconds?”

Mermaid Kick + Scull Drills

- Full dolphin kick across the pool with fins (no arms)
- Add ball/jewel out front and prone “glide + kick” (like water polo drills)
- Sculling in front (palms sweep out/in)
- Sculling to the sides (pretend to “paint the water” or “sweep seaweed”)

MERMAID CREW

WEEK 1 CONTINUED

Mermaid Dives + Direction Control

- Dolphin dives: surface to bottom, push off + glide (can rename “Moonlight Dips” or “Treasure Drops”)
- Add a prop dive: plastic jewels, rings, or “glowing shells” to collect
- Challenge: collect a ring, return it to a floating tray (teamwork)

Seahorse School (Vertical Core)

- Practice vertical body position with light noodle support if needed
- Flutter arms in scull + tiny dolphin kicks
- Group challenge: who can stay “standing like a seahorse” the longest?

Closing + Mermaid Affirmation

- Circle time in the pool:
- “Today I swam strong, I kicked with grace, and I sparkled in my space.”
- Optional: give “Pearl of the Day” to a student who showed kindness, strength, or bravery

Weekly Themes to Keep It Fresh:

- Moonlight Lagoon (gliding + jewel games)
- Coral Kingdom (sculling + treasure collect)
- Volcano Cove (core power, seahorse drills)
- Frozen Reef (balance + stillness challenges)
- Whirlpool Woods (direction control + fast movement)
- Rainbow Shells (teamwork + memory games using colored rings)

