

## Three ways to make lessons fun

As a swim instructor, you want to teach proper technique while also creating a fun environment where swimmers look forward to their lessons, promoting a love for the water.

Try these tips for extra fun and engaging lessons:

### Incorporate games with purpose and challenges

Games with purpose keep swimmers engaged while reinforcing new skills. These games offer opportunities for swimmers to build their skills in a playful, low-pressure environment.

- Play *Red Light, Green Light* for kicking.
- Sing *Hot Potato* to practice treading and legs-only surface support.
- Play *Treasure Hunt* to retrieve objects from below the surface.
- Try contests for cannonballs, handstands, or somersaults.
- Create obstacle courses to allow swimmers to feel a sense of accomplishment while having fun and further developing their skills.

### Use colourful and interactive equipment

A variety of colourful equipment can make basic drills more exciting, and incorporating imagination will further increase the fun.

- Think beyond the pool noodle when practicing floats and kicks, pretend it's a giant sea turtle shell or a magic carpet!
- Swimmers can strap on a 'jet pack' swim belt and complete a secret underwater mission.
- Are there smiley faces or foam dumbbells available? They can act as a steering wheel to sail the seven seas or explore the galaxy.

### Incorporate songs and storytelling

Using music and storytelling for young swimmers can reduce fear and apprehension and increase focus while trying a new skill.

- Encourage preschoolers to practice blowing bubbles by singing *Happy Birthday* and blowing out all the birthday candles.
- Practice holding our floats while singing *Twinkle Twinkle*.
- Learn the *Pancake Song* to practice rollover floats. (*Teaching Swim for Life* - Songs, p. 7-10).
- Tell a *Bob Story* to practice submerging and exhaling underwater.

Make a splash and try something new to take your lessons to the next level. When participants are having fun they're developing a love for swimming and are motivated to continue learning this life skill.

## BOB story

*Anytime a swimmer hears "BOB" they go under the water and blow bubbles.*

My friend BOB and I were taking our afternoon walk, when we saw a sign that said "BOBby pins for sale!"

I said to BOB, "What in the world are BOBby pins?" And BOB told me, "BOBby pins are for hairstyles!" "Oh BOB! I should've known that," I said.

Bob started to laugh, "Don't worry BOBby, you learned something new today!"

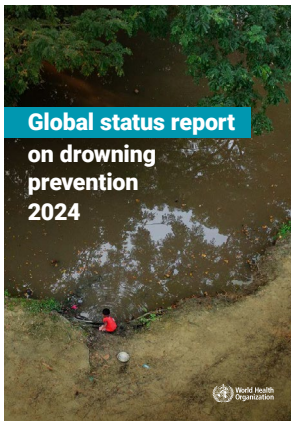
BOB is a super nice guy. I told him so. He said, "you're a really nice guy too BOBby." I said, "you're the best BOB" and he said, "nooooo, you're the best BOBby!" Sometimes our BOBful friendship can get really confusing with so many BOBS!

## Office closed for Easter

Happy Easter! The Lifesaving Society's office will close Friday, April 18 and Monday, April 21 for Easter weekend. We reopen Tuesday, April 22 at 9:00 a.m.

## WHO follows up UN Resolution on Drowning Prevention

The World Health Organization (WHO) released a follow up to the 2021 United Nations Resolution on Drowning Prevention. The Status Report provides an update on global drowning prevention initiatives, successes and areas for improvement on a global scale. Read the [December 2024 WHO Global Status Report on Drowning Prevention](#) or [watch the summary video](#) on YouTube.



## Join us at our AGM

The Lifesaving Society Newfoundland and Labrador Annual General Meeting will be hosted by the City of St. John's at City Hall in the Foran Greene room at 1:00 p.m.; reception at 12:00 p.m., May 31, 2025. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. Invitations to the AGM will circulate to members by email. To update your email address, contact [Raegan Wiseman](#).

## ST. JOHN'S

## Support drowning prevention in Newfoundland and Labrador

The Lifesaving Society Newfoundland and Labrador is a registered charity that relies on the generous donation of time and money from its volunteers and donors. Those who donate \$25 or more receive a tax receipt and have their name published in the Society's Annual Report.

Support drowning prevention in Newfoundland and Labrador by [donating today](#).



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