

*“The President’s Council on Physical Fitness and Sports shares the conviction that every child should learn to swim at an early age. Swimming is our most popular participant sport and much more as well: an important safety measure, a valuable social skill, and a practical and pleasurable means of maintaining vigorous good health. We are pleased to join in urging schools to adopt the ‘Every Child A Swimmer’ program.”*

C. CARSON CONRAD  
Executive Director

President’s Council on Physical Fitness and Sports

*“We wholeheartedly support the principle of having swimming and water safety instruction in the curriculum of public and private schools, especially in the elementary schools.”*

ORIN MYERS  
National Director  
Water Safety Program  
American Red Cross

*“The ‘Every Child A Swimmer’ program is a great idea and I hope it can be accomplished. This would unquestionably become a great service to the youth of the country.”*

MIKE PEPPE  
Ohio State University  
Swim Coach

*“Many sports activities cannot be pursued throughout life: football, basketball and gymnastics are examples of those kinds of activities. Swimming offers the greatest carry-over value of any of the sports activities.”*

JAMES E. COUNSILMAN, Ph.D.  
Swimming Coach and Professor of Physical Education  
Founding President, International Swimming Hall of Fame

*“Your program to make every child a swimmer addresses the essential topic of effective development of health and safety knowledge for all students. In this sense, your program supports the all important principle of educational advancement and equality of opportunity. Therefore, we are delighted to encourage local boards of education to review and study the potential value of the activities offered by your program toward the attainment of the local educational objectives that they establish for their students.”*

THOMAS A. SHANNON  
Executive Director  
National School Boards Association

*“I’m very impressed by and supportive of the ‘Every Child A Swimmer’ program. Saving a young life is the most important thing we can do because their future is our future. Among the thousands of young lives lost every year are potential doctors, lawyers, scientists and leaders of our country. We must do everything possible to reduce that loss.”*

DR. RON O’BRIEN  
U.S. Olympic Diving Coach

*“The Every Child A Swimmer Program, working with other community organizations such as Kiwanis, Key Club, Circle K and others, has the potential to stop this needless loss of innocent life.”*

W. J. BLECHMAN, M.D.  
President  
Kiwanis International 1990-1991

*“In spite of the fact that North America and the Caribbean are brimming over with swimming pools, lakes, and beaches, and many inexpensive lessons available to young people, there is an over-whelming and senseless loss of life each year.*

*All drownings are unnecessary! Most of them can be prevented by the teaching of swimming and the best ages for learning to swim are 8 to 10 years, or 4th grade students.”*

ART LINKLETTER

*“I am amazed that someone hasn’t put this project together before. The ECAS Project sponsored by Kiwanis meets a need for educating our children that has been ignored for too long.”*

JACK W. NELSON  
Former Head Coach  
U.S. Olympic Women’s Swimming Team

*“It is with extreme pleasure the CSCAA lends its complete support to the Every Child A Swimmer Program. It is one of the most important yet virtually ignored programs in this country. Year after year countless children drown. This is such a vital and unnecessary loss to our society.”*

PENNY LEE DEAN, President  
ART SOLOW, Secretary-Treasurer  
College Swimming Coaches Association of America Inc.

*“As you know, the nature and content of elementary school programs are decided by state and local officials and parents. But using volunteer efforts to promote the safety of our children is in the best American tradition. I wish you success implementing ‘Every Child A Swimmer,’ and progress in the coming years.”*

WILLIAM J. BENNETT  
Former Secretary  
United States Department of Education

*“ECAS is a multi-purpose program designed to teach basic swimming and water safety techniques as part of the on-going physical education curriculum in all elementary schools. It is adaptable to all grades and ages; and the benefits are almost immediate. It not only builds health, generates fun and excitement and gives the students a sport they can enjoy for life, but also saves lives . . . nine out of ten drownings occur within six feet of safety. The primary cause of death? The victims ‘fell in.’ The most frequent place of death? ‘Canals and pools.’ Graduates of the first four stations of the ECAS program can swim 27 ft., and that can often mean the difference between life and death.”*

BILL SIMONS  
Former President  
The International Swimming Hall of Fame



# Every Child A Swimmer

## Four Station Teaching Outline

- Is Fun
- Builds Health
- Saves Lives

**A special program of  
Kiwanis International  
Key Club International  
and  
Circle K International  
for elementary schools**

*Recognized by the International Swimming Hall of Fame*



# EVERY CHILD A SWIMMER

## Four Station Teaching Outline

One instructor + nine in-the-water trainers can teach 27 to 36 children. (One trainer can teach 3 or 4 pupils)

### INTRODUCTION:

Before the first class a workshop should be held with all trainers (good qualified swimmers) under direction of the certified swimming instructor. Here the instructor explains to the student trainers the following important concepts:

### A. FORMAT OF CLASS

- (1) Water Safety rules and personal hygiene
- (2) The method for initial placement of children into stations corresponding to their skill-level and trainer's roles for this method
- (3) Breakdown of stations:
  - a) Trainer's role(s) for each station
  - b) Objective of each station
  - c) Methods used to teach the children for each station
  - d) Requirements a child must meet for promotion to next station
  - e) Number of stations
- (4) Emergency Plan - The trainers must know what to do (ahead of time) in case of an emergency:
  - a) What to do if a child gets hurt
  - b) A near drowning
  - c) Suspected neck or back injury
  - d) Emergency telephone number (911)
- (5) Length of each session and number of sessions
- (6) Patience, congeniality and alertness. Be nice and be professional

### B. METHODOLOGY OF ORGANIZATION FOR EACH SESSION

- (1) Describe how each session commences
- (2) Explain the systematic plan of activities
- (3) The instructor will visit each station/trainer 'during each lesson. The students will be tested to see if they can graduate to the next higher station. If the student does not graduate, the instructor should share his ideas with the trainer on how to have the student improve.

### C. FINAL DAY - Schedule of events

## SESSION PLAN

The program is broken down into approximately eight sessions of 30 to 45 minutes each.

### SESSION ONE

Begin with introductions. It is very important that the children feel comfortable and at ease with their newly found surroundings. For example, using first names helps expedite this process. Have a 10 minute talk by the instructor to an audience consisting of the children, their parents (ideally, their parents should be present for this first session) and the student trainers. This discussion should reveal reasons for rules, water safety rules, personal hygiene and a basic breakdown of the four stations. (Suggested safety rules are available upon request from ECAS) Establish a proper way to enter the water. After this discussion, the children are taken to the shallow-water of the pool with the objective to determine their skill level for placement into the appropriate station.

A good method for deciding the swimming ability of each child is to conduct a "Salmon Run". For example, the first skill is floating on the stomach while holding one's breath. The second skill is kicking in the prone position, followed by stroking without breathing and so on until the swim level of each child is determined. Some children may be too frightened to attempt even the first skill, and thus they obviously will be placed in station one, while others are capable of performing a complex skill, like the crawl stroke, which would place them in station 3 or 4. After the Salmon Run, place the children in their groups and give them a lesson for the remaining time. After the lesson, the children should be asked to remember two important things:

- (1) The Safety Rules
- (2) Their appropriate designated station that they were in at the end of the lesson.

### REMAINING SESSIONS

The remainder of the sessions, after the first one, follow an identical agenda. This schedule is:

Begin each session with a Salmon Run and then follow this with a five minute talk emphasizing one topic of safety. For example, one session may stress the importance of never diving into unfamiliar water, while a later session may discuss the importance of never swimming alone. After this short discussion, the children are sent to their appropriate stations and the trainers begin their teaching. It is a good practice to continue to allow 5 to 10 minutes of free time at the end of each session.

## THE FOUR STATIONS

The Four Stations are broken down into skills, which, when mastered, should enable the child to meet each station's objective and thus move on to the next station. A listing of each station, it's skills to be learned, as well as suggested teaching methods and the graduation requirements to meet the station's objective are as follows:

### STATION ONE:

Objective: This is the first experience for the child in learning to swim. Everything must be done to overcome fears and concerns. The instructor must be calm, relaxed and very kind to the young student.

1. Teach the child to stand, walk and smile while in the water.
2. While facing the child, have him/her hold your arms while you tow him/her, as he/she tries to kick his/her legs.
3. After standing and practicing the crawl arm stroke, face the child and hold him/her under his/her arms, towing him/her as he/she tries to use both of his/her arms and legs.
4. Have the child try kicking on his/her back while being towed, with one of your arms at his/her neck and the other supporting his/her back.
5. Have the child practice a face-down prone glide.
6. Have the child do the prone float and add the flutter kick.
7. Have the child swim face down with arms and legs while holding his/her breath. Stress relaxation and proper body position. Also never permit a thrashing or a fighting stroke.
8. Try blowing bubbles and ducking under the water.

TO GRADUATE: Demonstrate a relaxed, face down, prone float. Swim 8 feet relaxed without breathing, face in water.

### STATION TWO:

Objective: Utilization of a good relaxed form to swim 16 feet without breathing.

1. Float and glide, not using arms or legs, head between arms, holding breath.
2. Float and kick. Small and relaxed kick, toes and feet pointed.
3. Float, kick and add the arms, no breathing.
4. Walk using arms to simulate the crawl stroke. In-the-water trainer should be behind the child and while grabbing the wrists show how to make "big circles" with the arms.
5. Blow bubbles and duck under water.
6. Do the backstroke flutter kick while being towed.

TO GRADUATE: Swim crawl 16 feet - no breathing.

### STATION THREE:

Objective: Utilize a long, relaxed crawl stroke with breathing. Steps 1 — 4 review all previous skills stressing the objective: long, relaxed stroking.

1. Crawl kicking.
2. Back kicking.
3. Swimming without breathing.
4. Blowing bubbles.
5. Standing, work arms; practice breathing habits: relax, inhale, blow air out (while standing using arms).
6. Swimming, practice getting one breath, then two, then three.

TO GRADUATE: Swim a relaxed crawl for 20 feet, getting at least three breaths of air.

### STATION FOUR:

Objective: To develop a long stroke with a slight body roll, which will make it easy to improve the breathing pattern.

1. Crawl kicking.
2. Back kicking,
3. Try using arms on the back.
4. Crawl stroke without breathing.
5. Walk and practice the breathing.,
6. Swim the crawl with proper breathing.

TO GRADUATE: Swim a relaxed crawl for 30 feet while breathing.

Now it is appropriate to congratulate the swimmers as they graduate out of station four. Each of the graduates should be encouraged to join a more advanced swimming program to further their training and become an even better swimmer. This will insure their enjoyment of a life-long healthy sport.

FOOTNOTES: Because there are many different teaching styles, the instructor may vary the content in the above four stations.

Students and parents should be encouraged to share the safety information with younger children at home. This is an excellent way to reach any appreciable number of pre-school children.

For additional information write:

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