

CITY OF PRINCE ALBERT LIFEGUARD

ACTIVITY PACK 2

Thanks to the City of Prince Albert Lifeguards for creating this activity pack! Available at www.citypa.ca!

KWP Colouring Page

Do you remember the colours of the KWP logo?



LIFEGUARD ACTIVITY PACK 2

Swimming Lesson Wordsearch

What do you miss most about swimming lessons?



E T T U Y A W Z W A Z U M D K F Z M B S N A E F K D O R D L
W D H A B R E A S T S T R O K E P Q S F O B D X W Q A E D W
L P I Y O C E C A R Y A L E R Q D L M G J P G P G G P B O A
Y A O L Q L L A B N O N N A C Z N T T M D E V J N F O M L R
F D N P G Y F J W B F Y E C X F R E Z Z P U H P R L G I P C
B L Y E V P P T R R O T C U R T S N I G N I M M I W S T H T
A F U U R M I E N B E B W P S Y P I N F S W S F C T S P I N
C O X T U O T H A O U D O H D U F K L H Q G E G Q N K O N O
K O S J T T P C S B R O I A I W D B E O Y J N I A F C H K R
F D W W U E K E B T H F E L E P S T R E A M L I N E O C I F
L G W L I C R L S A E R T L G U K C H C D I V E R K D P C X
O A F Q R M E K L S G K E E N K M I K S E L G G O G T O K P
A M U A D S D U I I T F C W R U C E C E O V A T E W O H X K
T E W G Y X H L H C M C L O Y A T A J K H T T V E L T C R I
D L L P H N T L P F K E Z T R S S U B M E R G E Y R Q L I K

BACKCRAWL
BACKFLOAT
BACKGLIDE
BREASTSTROKE
BUBBLES
CANNONBALL
CHOPCHOPTIMBER
DIVE
DOLPHINKICK
FLUTTERBOARD
FLUTTERKICK

FOODGAME
FRONTCRAWL
FRONTFLOAT
GOGGLES
HULAHOOP
JUMP
LANEROPES
LIFEJACKET
PFDS
READYSETGO
RELAYRACE

RINGS
ROCKETSHIPGLIDE
STREAMLINE
SUBMERGE
SUN
SWIM
SWIMMINGINSTRUCTOR
TOTDOCKS
TOWEL
WET
WHIPKICK

LIFEGUARD ACTIVITY PACK 2

Swim to Survive Colouring Page

Follow the bubbles to the surface.



Used with permission from the Lifesaving Society Canada.

LIFEGUARD ACTIVITY PACK 2

Water Smart Phrases!

Solve these Fallen Phrases Puzzles about Water Smart Messages!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
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A **S** **I** **!**
 17 12 7 5 16 1 9 11 13 26

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
			16										13				4									

O **O** **S S** **S** **E**
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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
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I S **A** **A** **.**
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L **S O L** **S** **W**
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S ' O L **.**
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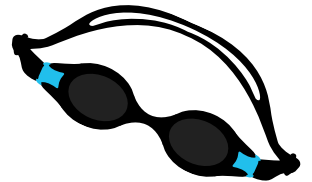
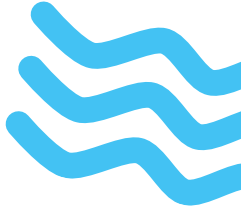
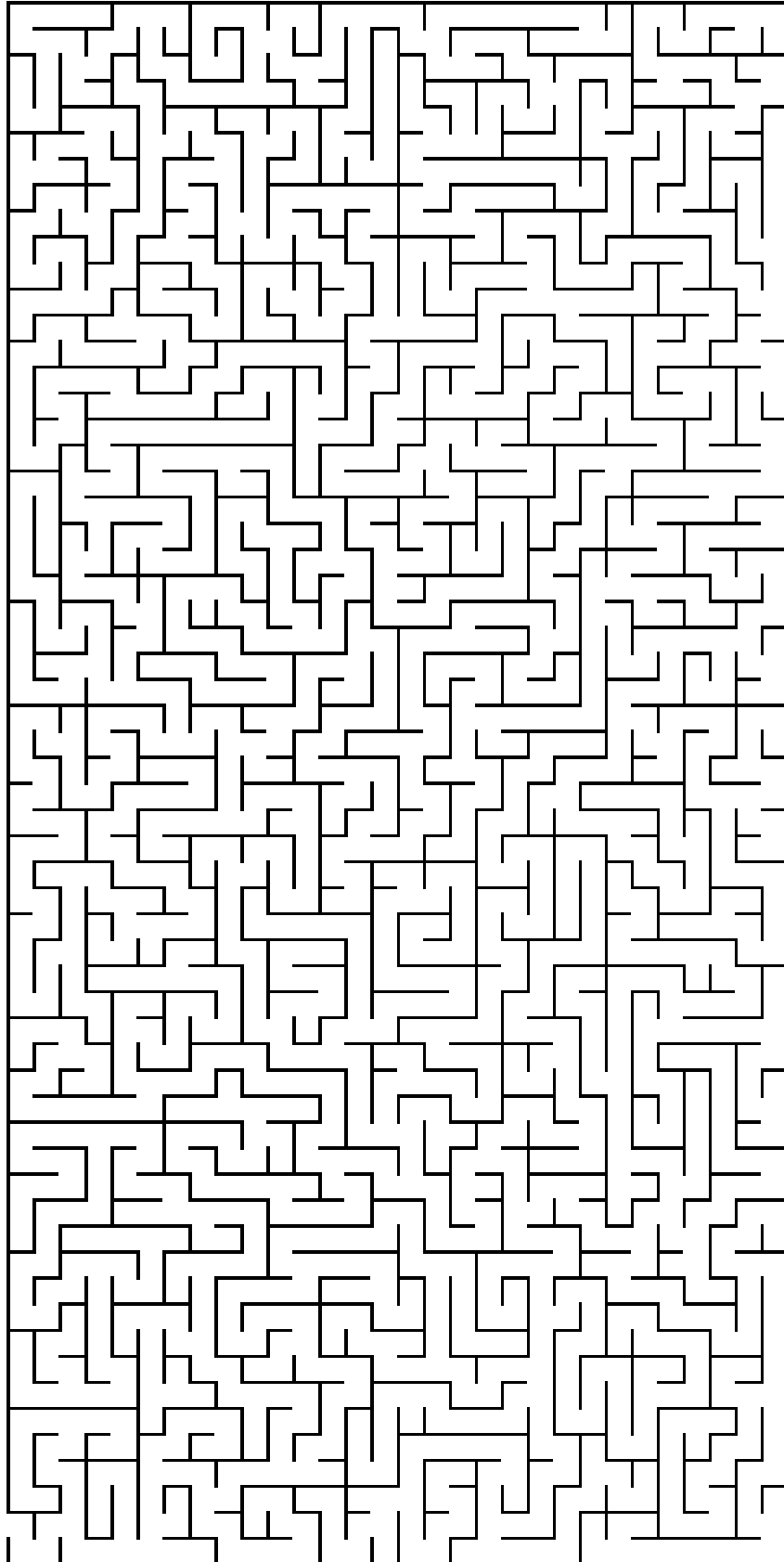
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
													13					12		20						

O **V** **T O** **O** **T** **!**
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LIFEGUARD ACTIVITY PACK 2

Swimming Pool Maze

Can you help this swimmer find his goggles?



LIFEGUARD ACTIVITY PACK 2

Swim with a Buddy Colouring Page

What colours does a lifeguard wear?

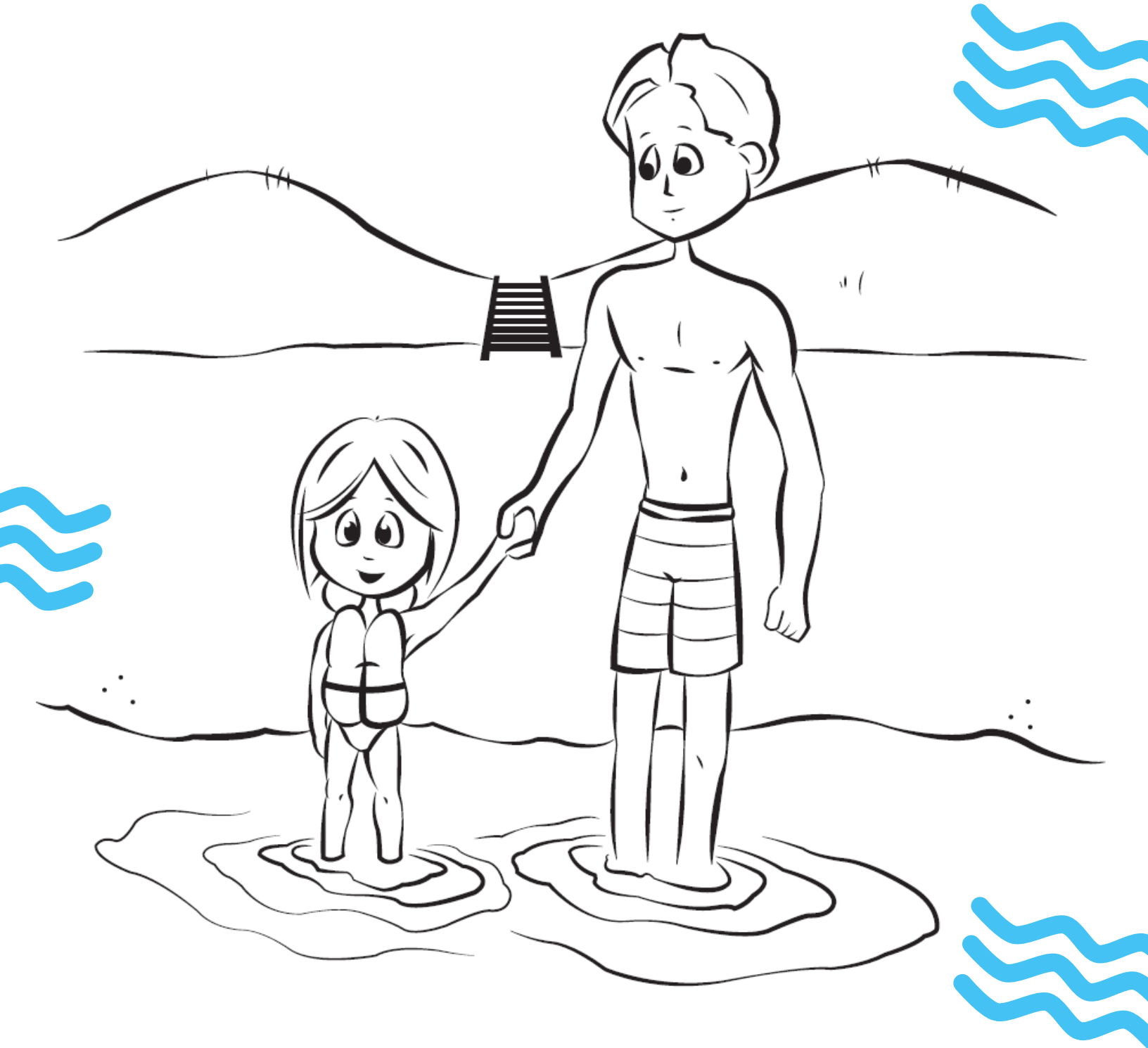


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Within Arms' Reach Colouring Page

Stay away from water unless you are with an adult.



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LIFEGUARD ACTIVITY PACK 2

Online Water Safety

Looking for fun ways to learn about water safety at home? Check these out.



SPLASHY MISSION

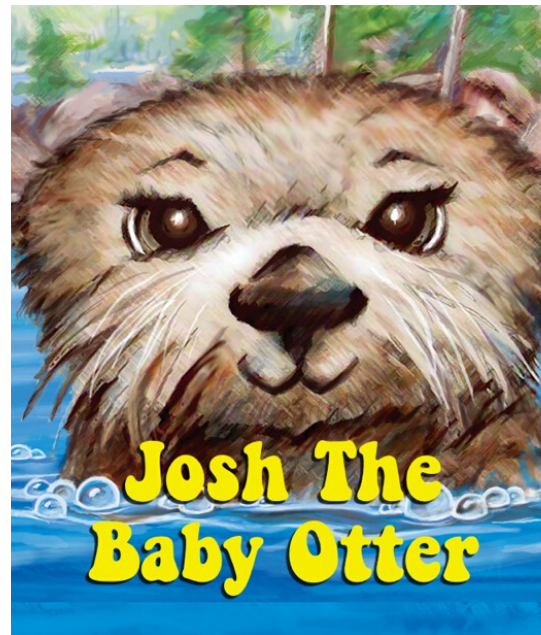
Videos and games designed for kids and parents to learn about safety in the bath, the boat, ice, and more!

From the Quebec Lifesaving Society.
<http://www.nagerpoursurvivre.com/games/>

JOSH THE BABY OTTER

"Josh the Baby Otter" was created to help children learn to stay away from water unless accompanied with an adult.

Read and listen to the book online.
<https://joshtheotter.org/>



PAWS

Lesson plans, games, and activities for children to learn about water safety at home! From Water Safety Ireland.

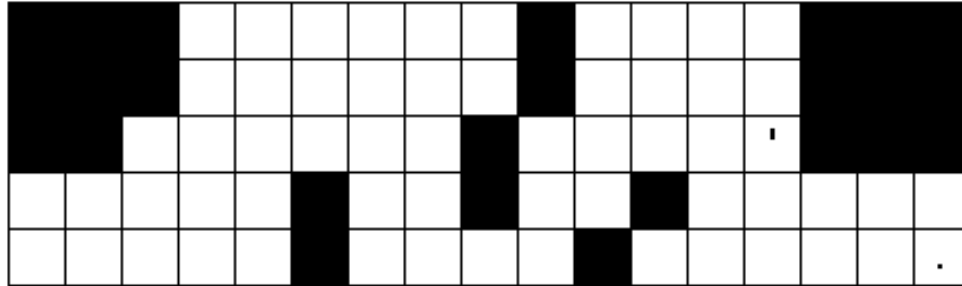
Primary Aquatics Water Safety (PAWS).
<http://paws.edco.ie/>



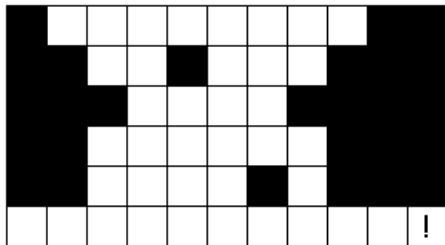
LIFEGUARD ACTIVITY PACK 2

Water Smart Phrases!

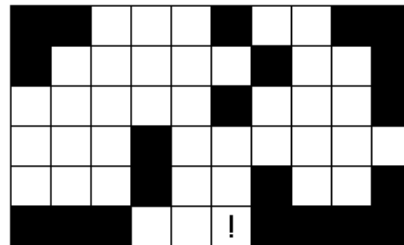
Solve these Fallen Phrases Puzzles about Water Smart Messages!



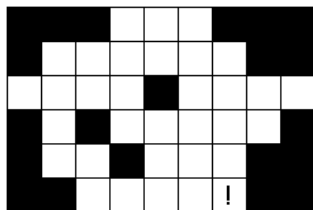
L E T F A
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 R H W C I T U L E R N I S Y U R T



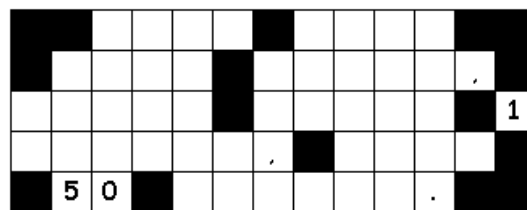
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