

Entries and Exits:

Jump into chest deep water, and return

- Child jumps from the wall to the caregiver/parent in the water, water is chest deep to the child
- Caregiver/parent is encouraged to allow the child to submerge on entry and “pick them up” as they surface, offering lots of praise and encouragement
- Feet first entry, jumping away from the wall
- Parent/caregiver helps the child return to the wall and climb out

Underwater Skills:

Getting Wet

- Child gets water on face, head, and body by pouring water, or splashing, or “washing”
- Child puts their entire face in the water in a relaxed manner—chin, mouth, nose, eyes and forehead
- Child holds their breath while their face is in the water
- Child attempts to open their eyes underwater

Intro to bubble blowing

- Child is encouraged to put their face in the water and blow out bubbles underwater

Submersion (optional)

- Using sinking toys have child try to retrieve the objects from the bottom of the pool, starting shallow then getting deeper to where child may have to submerge to get them

Staying Safe

Intro to PFD/Lifejackets

- Parent/caregiver understands how to select a PFD for the child, and when/where a PFD/Lifejacket should be worn
- Child moves through shallow/chest deep water wearing the PFD, exploring different ways to move and float
- Child is encouraged to jump into the pool wearing their PFD and floating at the surface

Movement/Swimming

Movement in shallow water

- Child and caregiver explore movement through the water in various ways: walking, running, jumping, rocking
- Child and caregiver move the water with their hands/bodies, pushing it up, down, forward, backward
- Child propels themselves through the water using their legs in any movement—kicking, cycling, etc., they may use a flotation assist for this—lifejacket, water belt, kick board, noodle, etc

Front floats and recovery

- Child floats on their fronts, with face in the water for 3 sec. –relaxed and comfortable
- Parents/caregivers can assist with support holds to start, then encouraged to withdraw support, till child is floating on their own
- Try different positions—starfish, pencil, etc.

Back Floats and recovery

- Child floats on their backs, with ears in the water for 3 sec. –relaxed and comfortable
- Parents/caregivers can assist with support holds to start, then gradually withdraw support, till child is floating on their own
- Try different positions—starfish, pencil, etc.

Glides on front and back (assisted)

- Child glides on their front, arms extended in front of their heads, face in water
- Child glides on their back, ears in the water, arms at their sides, breathing relaxed
- May use buoyant objects or be assisted by parents/caregivers
- Child should comfortably recover to a vertical position/stand

Basic Kick on front (assisted)

- Child does a basic kick on their front—alternating up and down leg motions, like flutter kick
- Child may use a flotation object, or the parent/caregiver may help

Front Swim (assisted)

- Using flotation such as a noodle or water belt the child swims on their front using any arm or leg movement on their front, encouraging an alternating arm action and horizontal body position
- Child explores moving in different directions, having their face in the water

Underwater passes (optional)

- The child is passed from the instructor to the parent in a front glide position
- The child should be in continuous contact with either the parent or instructor
- The child and parent need to be comfortable with this skill, can start passes at the surface and if child is comfortable proceed with underwater passes, where child is submerged

Safety Messages

Within Arm’s Reach

- Throughout the lesson remind the parents to have their child stop at the edge of the pool before entering the water and look/wait for their adult/parent to give permission
- Remind parents the importance of always being within arm’s reach of their child and constantly supervising them
- Hot Tub Safety: Children should be supervised carefully when in the hot tub. Instructor should go over the “rules” for the hot tub.