

## Expectations for Parents:

For repeat Parent Tot attendees; check in with Parents to see progress.

Go slow, have fun, sing, play, laugh, and enjoy the water. Create a loving and encouraging environment.

Practice skills with lots of repetition, then play games and songs as a group. Individual practice, group play.

### Activity 1:

#### Entries and Movement; 3 mins

Parents and children should enter the water as they please; slide in, jumps, together or not as their comfort dictates.

Let them do songs, floats, and play with toys. Provide lots of options. Movement and laughter should be the focus until all are comfortable with water.

### Activity 2:

#### Front Glides to the Wall 4x; 3 min

Parent holds child; both facing wall. Child stands on parent's knee(s) about 1 body length away from wall.

Put child underwater to their shoulders. Arms reaching forward.

On a count of 3 (cue), push the child to the wall in a front glide.



### Song

#### Ring around the Rosie: Play 1 x

Start standing or sitting on the side or in a large group circle all together.

Sing song as a group 2x; play song.

On "all fall down," do a jump into the water after a "1, 2, 3, Go!" cue, or fall "underwater" into a back glide or under up to child's comfort.

Use QR code at top right for song.



### Activity 3:

#### Front Glide Fun Stations; 5 mins

Set up 4 different locations around pool edge. At each station put toys; pour buckets, rings, floating items.

Parents and child go 1 at a time following the order 1-4. Front float between each location, play w/ toys for 30 seconds then move on.



### Activity 4:

#### Cannonballs & Jumps; 3 mins

Cannonballs are throwing toys high up in the air so they land in the water and create a splash.

-Push child to the wall, have them climb out.

-Have parent or child throw the toy between them and the wall.

-Child jumps in w/ or w/o support to parent going underwater to comfort.

### Song:

#### Wheels on the bus: Play 2 x

Sing along with the song from the QR code for Wheels on the Bus.

For each new "the [something] on the bus," do a different activity.

Doors = push child out and in  
People = lift up and down to water  
Baby = splash the water

## Front floats

#### Hands on shoulders:

-Focus on comfort and being comfortable.

-Walk backwards. Movement helps keep feet up at surface.

-Constantly encourage to go underwater; kiss water, chin in, lips in, nose in. Etc.

-Go places by doing front floats together.



## Flow of class:

### Activity, Activity, Song.

Play games and sing songs as a group!

Give instructions in-between games and songs:

Do "x" 4 times and when you're done we'll move on.

## Expectations for Instructors:

- Get in the water!
- Play songs on tablet connected to speaker.
- Demonstrate first, then direct parents on what to do, how many times, then let them do it.
- Roam to each parent during activities and introduce self. Offer to help. Give feedback. Explain how skills progress.

### Activity 5:

#### Back Glides, Songs, Stations; 3mins

- Review supported back floats/glides. Demo w/ child or doll.
- Setup 4 stations along pool edge.
- Can be same as Front Glide Stations.
- Do Back glides and sing between stations.
- Sing: Twinkle Twinkle little star, and any other songs parents please.

### Activity 6:

#### Scoops and Challenges; 3 mins

- Demonstrate how to do a proper scoop with a cue, quick dip, and step.
- Let parents scoop their child to the child's underwater comfort; must do at least chin or lips.
- Offer additional challenges: Get rings, touch bottom, whole head under, front to back float, jump in.

### Song

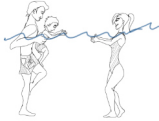
#### If you're happy and you know it: 2x

- With each section of the song do the activity.
- Splash your hands.
- Splash your feet.
- Rise in the air and say "Hurray!"



### Activity 7:

#### Passing; Front Glides; 5 mins



- Two options: parent > ins, or parent > wall.
- Stand 1 body length apart. Aim child at parent. Cue. Extend arms and pass the child from INS to the parent.
- Stand 1 body length away. Push to wall. Encourage going under.

### Activity 8:

#### Free Play & Individual Goals; 5 mins

- Give parents open opportunity to do any skills they like. Play games, do challenges, etc.
- Speak individually with each parent/child and discuss their goals.
- Give feedback on that parent/child's progress. Give specific tools to push them to their goals.

### Song:

#### Hokey Pokey!

- Play the song. Lead the singing.
- Be expressive and set the tone.
- Splash hands, splash feet, whole body, lips in for bubbles.
- Celebrate and come back again!

## Back floats

#### Go slow! Difficult skill:

- Start with baby back to parent chest in seated position.
- Transition slowly to baby head on shoulder.
- When comfortable, transition to baby head in parent hand.
- Goals: Ears in water, belly up and flat, comfort and smiles. Sing Twinkle Twinkle.



Baby head resting on Parent shoulder. Cheek to cheek.



Head in hand; palm up under neck

## London Bridge:

#### Go under spray water, or mats

- Great game to play where parents and swimmers move through tunnel singing.
- Do front and back floats through.

