

Expectations for Parents:

Intent of the class is to establish fun and routine to build comfort.

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:

Sit on the side and splash

Sit on the edge of the pool and kick the water.

Sing:
Motorboat, Motorboat go so slow.
Motorboat, motorboat, go so fast!
Motorboat, motorboat, step on the gas!

Activity 2:

Review Jumping in together

Hold swimmer's hands. They stand on deck, or sit.

Ask: "Do you want to go underwater?"

Adhere to their answer.

Cue: 1, 2, 3, Go!

Pull into a hug. Start with lips in water, then nose, then face.



Song

Ring around the Rosie: Play 1 x

Start standing or sitting on the side.

Sing song together as a group 2x.

On "all fall down," do a jump into the water after a "1, 2, 3, Go!" cue.

Use QR code at top right for song.



Activity 3:

Demo Front Floats with support

Instructor uses dummy, or a swimmer participant to demo.

Hold like football

Hold with palms up, hands under belly and chest

Move through the water.

Activity 4:

Throw a toy and get it. 4 x

Sit on side. Throw a toy into water.

Sing "humpty dumpty" or "ring around the rosie."

Do a jump into a hug, and turn that into a front float.

Go get the toy. Return to wall and do it again.

Song:

Wheels on the bus: Play 2 x

With a streamline and no KICKING get to 1/2 way:

- with only 3/5 FR strokes
- with a single Underwater breaststroke pullout (w/ kick).
- with only 3 FLY arms.
- with 5 BK strokes.

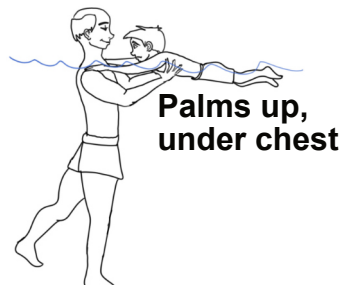
Front floats

Hands on shoulders:

Focus on comfort, going slow, and moving through the water.

Let the parents walk backwards and visit parts of the pool. Play.

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:

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

Activity 5:

Visit parts of pool

Doing a supported front float all walk somewhere in the pool.

- Visit a water feature.
- Visit a side, and jump in.
- Encourage moving and going under.

Activity 6:

Reaching for toys and exiting

Put lots of toys in the water that float. Parent does supported front float to toys. Child reaches for it.

- Bring toys to the wall 1 at a time.
- Practice exiting the water with help.
- Arm, arm, leg, belly. Boost the feet or butt to help.
- Jump in and repeat 4 x.

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:

Demo Back Floats with support

Instructor uses dummy, or a swimmer participant to demo.

Hold baby's back to parent's chest.

Rest baby head on parent shoulder. Keep cheek to cheek connection.

Move backwards through the water.

Activity 8:

Travel in the pool

Chain together all activities:

- Sit on the side and play.
- Jump in
- Supported front float; go under
- Get a toy, supported back float
- Return to wall and exit (let child climb out as much on own as can).

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.

