

GRANNY'S GUIDE TO SWIMMING

For Young Children

Expert Strategies For Parents

CHERYL LYNN SIBANY



Copyright © 2024 by Cheryl Lynn Sibany

First Edition — 2024

All rights reserved.

No part of this publication may be reproduced in any form, or by any means, electronic or mechanical, including photocopying, recording, or any information browsing, storage, or retrieval system, without permission in writing from the author.

PREFACE

Water is essential to all life, and our relationship with this element is profound. From infancy, humans are drawn to water; it fascinates us, mesmerizes and delights us with its beauty and infinite form. It refreshes our body, energizes our mind and restores our spirit.

Throughout our lives, we seek ways in which to interact with it and the ability to swim, though not innate, is a natural part of the human experience. All children should learn to swim as an essential lifesaving skill. Still, to ensure that swimming becomes part of one's life experience, it must be discovered in a positive, enjoyable environment. Simply put, learning to swim should always be fun.

Parents, caregivers, and swim instructors can all play an important role in developing a positive and respectful relationship between a child and water. That respect includes a healthy understanding that water is powerful and dangerous if approached carelessly. This adherence to personal safety and the safety of others must be taught hand-in-hand with swimming skills.

FULL DISCLOSURE! None of the skills or information provided here are unique or even particularly original. The basics of the movement skills needed for swimming are fundamental; however, the approach to teaching young children can vary radically. The information, methods and progressions presented in this Guide are based on my experience in a wide variety of programs and settings and on what has worked well for thousands of children.

Granny's Guide To Swimming will help you to bring the joy of swimming and water play to your family through a positive, progressive and practical approach rooted in decades of practice. The Guide aims to empower parents with expert strategies to teach their child to Swim.

You need not be a skilled swimmer, but being comfortable in the water is essential for safety. As a swimming teacher, coach, trainer of trainers, and most importantly, as a parent and now a grandparent, I can help you guide your child to discover swimming.

About the Author



I grew up in British Columbia, graduated from the University of British Columbia, and now live in Kingston, Ontario. After retiring, I dedicated my time to family and writing, blending my passion for swimming with my professional expertise. With extensive experience in aquatics, I have worked in municipal facilities, YMCAs, and the private sector. My book *Granny's Guide to Swimming for*

Young Children aims to help families enjoy backyard pools, cottages, and local aquatic facilities.

Highlights of my career include serving as Manager of Safety Services and Sport at the Lifesaving Society BC & Yukon Branch, volunteering with the Society in Ontario, and earning multiple awards for my contributions. I've held qualifications such as Chief Aquatic Safety Auditor, Pool Operator Instructor, and National Lifeguard Trainer, and created the Lifesaving Society's *Are You Ready?* Workbook and DVD.

A key focus of my career has been fostering safe, healthy recreational environments, especially for children and young adults, who are pivotal in shaping positive experiences in recreation. My commitment to drowning prevention and leadership development reflects my belief in creating safe spaces for everyone to learn, play, and thrive.

Cheryl Sibany

CONTENTS

PREFACE	III
ABOUT THE AUTHOR	IV
CONTENTS	V
INTRODUCTION	1
LESSON SETTINGS	2
BACKYARD SWIMMING POOLS	2
Hot Tubs And Swim Spas	3
Above-Ground Pools	4
Inflatable Pools	4
Preseason Safety Checks	4
5 Back Yard Pool Rules	6
Sun Smart	7
Swimming With Other Children	8
Pool Toys	8
WATERFRONT COTTAGES & VACATION HOMES	10
Waterfront Preparation Checklist:	11
Waterfront Safety Guidelines	11
HOLIDAY WATER SAFETY	14
Oceanside Resorts	14
WATERFRONT PET SAFETY	17
PUBLIC POOLS	18
Easy Dressing Tips	19
Post-Swim Skincare	19
Ear Care For Little Swimmers	20
Before And After Swimming Feeding Tips	20
SWIM GEAR	21
Bathing Suits	21
Swim Goggles	21
Swim Diapers	23
PERSONAL FLOATATION DEVICES (PFDS)	24
ABOUT THE LESSONS IN THIS GUIDE	26
Exploring The Water World	26
Age-Specific Programs	28
Inclusive Aquatic Adventure	29
Teaching Young Children Submersion Skills	30
Developmental Stages And Swimming Progression	31
Creating The Ideal Lesson Setting	33
Lesson Safety Guidelines	34

WATER BABIES LESSONS 1-8	35
SWIM TOTS LESSONS 1-10	62
LITTLE SWIMMERS LESSONS 1-12	94
REFERENCES	141
APPENDIX A: GLOSSARY OF TERMS	142
APPENDIX B SONGS, GAMES & TOYS	145
APPENDIX C: SKILLS CHART	158
APPENDIX D: DROWNING	163

INTRODUCTION

A PARENT'S GUIDE TO TEACHING

Following the instructions and activities outlined in this Guide can help your child develop essential water movement skills, enhance their cognitive and physical abilities, and create enjoyable water experiences. However, it is critical to prioritize safety and actively supervise your child when near or in water.

WHAT THIS GUIDE DOES:

- Promote safety in and around water as the top priority.
- Provide practical, easy-to-follow, progressive lessons that align with your child's cognitive and physical development.
- Assist you in introducing and exploring water play with your child, fostering a positive and comfortable environment for learning.

WHAT THIS GUIDE DOES NOT DO:

- Make your child thoroughly water-safe. It is crucial to remember that only close adult supervision can ensure the safety of your child around water.

This Guide does not replace the need for constant and vigilant supervision. While this Guide offers valuable water skills training instructions, including breath control, safe entries, and surface support, your unwavering supervision remains essential for your child's safety. Always Keep Children Within Arms Reach!

LESSON SETTINGS

BACKYARD SWIMMING POOLS

Always Keep Children Within Arm's Reach!

Having a pool in the backyard is a great way to stay active and relaxed, but it is essential to establish pool rules for your family and guests so everyone can stay safe and have fun.

Avoid Distractions: Supervising adults should avoid distracting activities, such as using their smartphones. Please give your full attention to actively supervising the children to ensure their safety in and around the pool.

Check Local Laws: When adding a pool to your home or purchasing a house with an existing pool, you must familiarize yourself with local laws and regulations. These may include additional requirements like fences or barriers around inflatable and plastic kiddie pools and water slides. Complying with these laws enhances safety and helps prevent unauthorized access to the pool.

Additionally, check your local building code for any specific fencing requirements. To further ensure your pool's safety, I recommend installing proper fencing and gates that meet these regulations and provide secure, restricted access to your backyard swimming area.

Here are some guidelines I recommend you follow:

1. **Install a four-sided fence:** Water Safety Experts recommend having a fence on all four sides of the pool area. The pool fence should completely separate the house and play area from the pool.
2. **Height and construction:** The fence should have a minimum height of 1.2 meters (four feet) and be constructed of a material that is not easy to climb. Minimum height requirements vary; check the regulations in your jurisdiction, as your community may require a higher fence.
3. **Self-closing and self-latching gates:** The gate(s) within the pool fence should have a self-closing and self-latching mechanism to ensure it automatically closes and latches securely after each use. The gate latch should be located on the poolside of the gate and positioned at the highest possible point. This makes it more difficult for children to reach over the gate and open it.

4. Use an approved safety cover: During the off-season or when the pool is not in use, install an approved safety cover over the pool to prevent accidental submersion.
5. Solar covers should be properly stored when the pool is not in use to prevent children from becoming entrapped. Never leave a solar cover partially on when using the pool.

Additional Considerations

- Install an approved pool alarm: Consider installing a pool alarm system that alerts you when someone enters the pool area or when there is any unusual pool activity.
- Install door alarms: Place alarms on any doors leading out to the backyard, providing an alert when someone opens the door and heads towards the pool area.

HOT TUBS AND SWIM SPAS



Children under five should not use hot tubs or spas.

- The water temperature is too hot for young children. Swim Spas with temperatures lower than 90 Fahrenheit or 32 Celsius should be ok.
- While water in hot tubs and spas may seem clean, it often harbours a high bacteria count.
- To combat the growth of bacteria and algae, a significant amount of chemicals is required, which can be detrimental to young children's skin. Moreover, the off-gassing resulting from the chemical reactivity releases unhealthy gases that linger above the water's surface and can potentially irritate the lungs of young children.

**Hot Tubs and Swim Spa should have lockable covers that
are secured when not in use.**

ABOVE-GROUND POOLS

Steps: Be aware that even young children can access the pool through the steps. Ensure steps and ladders are inaccessible when an adult is not supervising. Consider removable steps or other measures to prevent easy access for children.

INFLATABLE POOLS

Prevent Germ Spread: It is important to note that germs can spread more easily in kiddie pools and water slides. Ensure the pool is drained nightly and after heavy use, and follow proper cleaning and disinfection procedures.

Close Supervision: Always provide close supervision when children are in or around water, even in inflatable pools. It is crucial to be aware that babies and Swim Toddlers can drown in what may appear to be shallow water. Keep a watchful eye on them at all times.

Keep Pets Away: To maintain a safe environment and clean water, keep pets out of inflatable and kiddie pools while your children use them. After your pet has used the pool, drain it, clean it thoroughly, and refill it before allowing your child to use it again.

PRESEASON SAFETY CHECKS

For Backyard Pools and Spas

When scheduling your seasonal opening with your pool maintenance company, prioritize safety as you prepare your backyard oasis for the summer months. It's essential to have a checklist prepared in advance to ensure that your backyard pool is not only clean but also safe and ready for everyone's enjoyment in the upcoming season.

Service Checklist for your Pool Maintenance Company:

1. Inspect the Pool and Spa Safety Cover:
 - Clean off any debris or leaves accumulated on the cover.
 - Check the pool cover for any damage and repair as needed.
 - Clean, dry and store correctly.
2. Remove Winterizing Materials:
 - If applicable, remove any winterizing plugs from the pool equipment.
 - Remove winterizing chemicals from the pool water.

3. Inspect Pool Equipment:
 - Check the pool pump, filter, and heater for visible damage or leaks.
 - Ensure all equipment is connected correctly and functioning.
4. Check Water Level:
 - Ensure the water level is at the appropriate level for proper filtration.
 - Add water if necessary.
5. Inspect Pool Structure:
 - If there is a liner, thoroughly inspect for damage.
 - Look for any cracks, chips, or damage to the pool structure.
 - Pay special attention to the pool walls, floor, and coping.
 - Provide a report on the conditions found.
6. Inspect Pool Plumbing:
 - Check for leaks or damage in the pool plumbing system.
 - Ensure all valves are operating correctly.
7. Clean and Service Pool Filter:
 - Clean or backwash the pool filter according to the manufacturer's instructions.
 - Replace filter media if necessary.
8. Inspect Pool Lights:
 - Test pool lights to ensure they are working correctly.
 - Replace any bulbs that are burnt out.
9. Inspect Pool Accessories:
 - Check the condition of pool accessories such as ladders, handrails, and diving boards.
 - Tighten any loose bolts or screws.
10. Check Electrical Connections:
 - Inspect electrical connections for pool equipment, lights, and accessories.
 - Ensure all connections are secure and in good condition.
11. Check the auto vacuum:
 - Check the cord
 - Clean the filter according to the manufacturer's instructions.
12. Test Pool Water:
 - Test the pool water for pH, chlorine, alkalinity, and calcium hardness levels.
 - Adjust chemicals as needed to achieve proper balance.
 - Shock the pool if necessary to eliminate bacteria or algae, and provide a return date to balance the pool water.

Homeowner's Check List:

1. Clean Pool Deck and Surrounding Area:
 - Remove debris, leaves, or dirt from the pool deck and surrounding area.
 - Trim back any overhanging branches or plants.
 - Ensure that safety fences and gates are in good condition and functioning correctly.
2. Check Safety Equipment:
 - Check that life-saving equipment such as life rings and shepherd's hooks are readily accessible.
 - Check your pool cleaning equipment.
 - Safely dispose of expired chemicals and replace them.
 - Replace your pool water test kit chemicals.
 - If you have a leaf cover, inspect the cover and its roller.
3. Review the scheduled maintenance plan with your pool company.
 - Keep any holidays you have planned in mind.
 - If you do it all yourself, consider scheduling a visit during your family's vacation.

5 BACK YARD POOL RULES

1. **Always Supervise** when children are in or near the water by designating a responsible adult.
2. **Restrict Access:** Install a four-sided fence with a self-closing, self-latching gate around the pool to prevent unsupervised access by children and pets.
3. **Establish Pool Rules:** Set clear rules, such as no running, no diving in shallow water, and no swimming without adult supervision.
4. **Learn First Aid and CPR:** Ensure that all supervising adults are trained in first aid and CPR.
5. **Keep Safety Equipment Handy:** Have a life ring, reaching pole, and first aid kit; additionally, keep your phone nearby.

Additional Safety Measures:

- Don't swim or let others swim if sick with diarrhea.
- Take kids on bathroom breaks and check diapers every hour.
- Handle and store pool chemicals safely, keeping them secure and away from children and pets.
- Ensure your chlorine is (1-3ppm) levels and pH is (7.2-7.8ppm).

- Take your pool water to a swimming pool store to have your chemicals analyzed once a week during the swimming season. They can help you keep your water balanced and safe, protecting your family's health and your pool equipment.

SUN SMART



Swimming Outdoors. The skin of young children and babies is thin and highly sensitive, making it prone to sunburn, which could increase your child's risk of future skin cancer. Look for a shady spot for changing diapers and dressing your child.

Sunscreen is not advised for infants under six months old. Protect your little swimmer with sun-protective clothing and broad-brimmed hats. Apply sunscreen only to exposed areas not covered by clothing.

Choosing Baby-Friendly Sunscreen: When selecting sunscreen for babies over six months and young children, opt for sensitive formulas specifically designed for them. These products avoid irritating ingredients and preservatives that may cause reactions in young skin. Look for sunscreens with a high sun protection factor (SPF) and broad-spectrum coverage.

Hat Up for Optimal Protection: Select sun-protective hats that offer ample shade for your child's face, neck, eyes, and ears. A broad-brimmed hat that shields the eyes helps reduce UV radiation exposure to the eyes. Make it a fun accessory for your child, especially during water activities.

Sun-Safe Swimwear: Consider choosing swimwear that provides full coverage for babies, such as onesies, which are a practical option. Select long-sleeved swimwear and pants for toddlers and older children to minimize exposed skin. This offers better sun protection and helps keep them warmer in cooler water. Even when your child is old enough for sunscreen, sun-protective swimsuits are recommended to reduce the risk of missing spots or forgetting to reapply sunscreen.

- Look for swimsuits with a high ultraviolet protection factor (UPF), ideally 50 or higher, which blocks 98 percent of UV rays.
- Choose swimsuits made of a blend of polyester and spandex to ensure they remain lightweight when wet and allow freedom of movement.

- Choose bright, contrasting colours to help with visibility when your child is submerged underwater.

Sunglasses: Wearing UV protection can help protect your child's eyes from harmful rays.

Sun Protection for Yourself: Don't forget sun protection for yourself. Apply sunscreen, wear a t-shirt in the water, and don a broad-brimmed hat. Remember that water enhances the sun's reflection, increasing the risk of sunburn, and that glare off the water can harm your eyes. Sunglasses with polarized lenses provide optimal eye protection for activities in and around water.

SWIMMING WITH OTHER CHILDREN



When teaching your baby or toddler, giving your young child undivided attention is crucial. Babies and toddlers can be slippery when wet and tend to wiggle, making it easier for them to slip from your grasp. By focusing solely on your child, you can ensure their safety during water activities.

Additional Adult Supervision: It is crucial to have an additional adult present to supervise other children while you remain focused on teaching and safeguarding your child. A second adult provides the necessary attention and supervision to ensure the safety of the other children.

Consider the Ratio: A good rule of thumb, especially for non-swimmers, is to have one adult supervise no more than two children. This allows for adequate and attentive supervision, ensuring the safety of all children involved.

POOL TOYS

Pool toys can be a source of great fun, but they also carry risks, so it's crucial to prioritize safety and never use them as a substitute for adult supervision. The best water toys for your child are familiar ones, such as those used during bath time. Choose toys that are easy to grasp, clean, and safe, like plastic ducks or boats. Ensure they are age-appropriate, free of small parts or choking hazards, and made from non-toxic materials.



Remove all toys from the water after each use to prevent children from being tempted to approach the pool or water's edge, reducing the risk of them falling in while trying to retrieve them.



BE AWARE OF DANGEROUS CHILDREN'S POOL TOYS

- Steer clear of baby seats attached to inner tubes as they tend to overturn and drift away.
- Do not use Inflatable neck rings, as they risk strangulation.

Large inflatables: Please exercise extra CAUTION with inflatable toys. Inflatables can overturn, deflate, or drift away. Large inflatables may obstruct the view of your children or obscure the bottom of the pool or lake.

Floaties: Arm Floats or Water-Wings are not used in any lessons in this Guide. Children must learn to be horizontal in the water and understand how water can support their bodies. Floaties can give a false sense of security and should not be relied upon for safety as they can deflate and slip off.

CLEANING IN-WATER TOYS

- Rinse toys with mild soap and running water after each use.
- Avoid using chlorine, bleach, or other disinfectants.
- Air-dry them in a well-ventilated space, away from direct sunlight.

WATERFRONT COTTAGES & VACATION HOMES

Always Keep Children Within Arm's Reach!

Preparing your cottage for the upcoming season involves several essential steps to guarantee that your waterfront retreat is ready for summer enjoyment and offers family and friends a safe and comfortable haven. Awareness of potential hazards is key to ensuring a secure and enjoyable experience for everyone involved in water activities.

Property Inspection: Begin by thoroughly inspecting your entire cottage, covering its exterior and interior, as well as the surrounding grounds. Look for any signs of damage, deterioration, or pest infestations that may have occurred during the off-season.

Utilities Check: Ensure that all utilities, including electricity, water, and gas, are properly working. Test lighting fixtures, electrical outlets, plumbing fixtures, and gas appliances to promptly identify and address any issues.

Landscaping and Yard Maintenance: Remove overgrown vegetation by trimming and mowing the lawn. Remove any dead or hazardous trees or branches to ensure safety. Clear pathways, stairs, and outdoor seating areas to make them safe and accessible.

Pest Control: Prevent pests such as insects, rodents, and wildlife from entering the cottage by sealing any cracks or gaps in the exterior walls, doors, and windows. Consider using pest deterrents or traps to keep unwanted visitors at bay.

Deep Cleaning the Interior: Give the interior of your cottage a thorough cleaning, paying attention to floors, walls, windows, and furniture. Remove any accumulated dust, cobwebs, or mold, and ensure all surfaces are sanitized and ready for use.

Appliance and Equipment Testing: Test all appliances, such as the refrigerator, stove, oven, microwave, dishwasher, and washer/dryer, to ensure they are in good working condition. Check gas lines, propane tanks, and fuel levels for grills, generators, and other outdoor equipment to ensure they are ready for use.

Stocking Supplies: Restock essential supplies, including cleaning products, toiletries, linens, towels, and kitchen utensils. Check your inventory of pantry items, canned goods, and non-perishable food items, replenishing them to ensure you have everything you need for your stay.

Inspect Safety Equipment: Check all safety equipment, including smoke detectors, carbon monoxide detectors, and first aid kits, and replenish them as needed. Have an EpiPen auto-injector on site for your family or guest. Pay particular attention to fire extinguishers for your cottage and on your boat.

Test Your Cottage Water Supply annually to ensure it's safe, free of contaminants and reliable for your needs. Seasonal changes, like spring runoff, can affect water quality. Throughout the season, test immediately if the water develops an unusual taste, smell, or appearance. Regular testing protects your health and ensures your time at the cottage remains stress-free and enjoyable!

Waterfront Preparation Checklist:

1. **Inspect, Clean, and Prepare Waterfront Area:** Clear debris and vegetation from the waterfront area, including the shoreline, dock, and boat launch. Inspect the dock for any damage or deterioration and promptly address any issues to ensure its structural integrity and safety.
2. **Check for Environmental Changes:** Assess the environment surrounding your waterfront property for any changes, such as erosion, alterations to the bottom, or debris from the winter season.
3. **Check Water Quality:** Assess the water quality to ensure it meets safety standards for swimming and recreational activities.
4. **Beware of Currents and Undertows:** Remain cautious of currents and undertows in open water, as they can pose significant risks to swimmers and boaters.
5. **Assess Water Depth and Temperature:** Before swimming in open bodies of water, evaluate the depth and temperature to ensure a safe and comfortable experience.
6. **Inspect your life-saving equipment for the waterfront:** ensure life jackets and flotation devices, etc. are easily accessible and in good condition and replace anything deficient.
 - Always have a life ring or throwbag near the water and within easy reach.
 - Double-check that your boat or canoe is equipped with all necessary safety gear.

Waterfront Safety Guidelines

Take the time to review safety guidelines and emergency procedures with family members and guests. Cover essential topics such as water safety rules, wildfire

safety protocols, and evacuation procedures. Establishing clear guidelines for water activities is crucial to ensure everyone's safety and enjoyment.

- 1. Define Access Rules:** Determine specific times and locations for family members and guests to engage in water activities. Establishing clear boundaries is essential for accident prevention, responsible enjoyment of water resources, and being a good neighbour.
- 2. Maintain Constant Supervision:** Keep a vigilant eye on children, ensuring they are always *Within Arm's Reach* when near the water. Drowning incidents can happen suddenly and quietly, highlighting the critical need for continuous supervision.
- 3. Utilize Personal Flotation Devices (PFDs):** Ensure that children and weaker swimmers wear properly fitted PFDs during outdoor water activities.
- 4. Establish Equipment Rules:** Set guidelines for using recreational equipment such as canoes, boats, and inflatables. Emphasize the importance of safe usage and proper stowing, particularly for inflatables, which can be carried away by wind or currents.
- 5. Foot-First Entries:** Encourage everyone to enter the water feet-first to reduce the risk of injury. Natural bodies of water may hide hazards like rocks and debris, requiring cautious entry. Additionally, seasonal variations in water depth and conditions demand heightened awareness.
- 6. Consider Footwear:** Encourage using water or boating shoes to protect feet from sharp objects and improve traction on uneven surfaces. This simple precaution can significantly reduce the risk of injuries during water activities.

Public Waterfront Areas & Beaches

When visiting public waterfront areas or beaches, be aware of potential risks and take necessary precautions. Here are some guidelines to ensure a safe experience:

- 1. Understand the nature of natural bodies of water:** Unlike treated pools, natural bodies such as lakes, rivers, and oceans are not protected or treated. They can change quickly and contain bacteria, viruses, and microscopic parasites. These microorganisms can increase the risk of skin, eye, ear, nose, and throat infections, as well as gastrointestinal illnesses, especially in shallow and warm bodies of water.
- 2. Check water quality:** Before heading to the beach, check with the local health authority for recent water test results. However, it's important to note that tests provide only a snapshot of the water quality and conditions on the day the test

was taken and can change rapidly. Factors such as wildlife and birds, human activity, rainfall and stormwater runoff, wind and wave action, temperature, and water flow can affect water quality. Be aware of any advisories or warnings issued by the authorities.

3. **Rinse and dry after swimming:** After swimming in natural bodies of water, thoroughly rinse off with clean, fresh water. This helps remove any contaminants from the skin. Additionally, carefully dry the ears with a towel to prevent water from remaining in the ear canal, which can lead to discomfort or infection. Towel drying your child's body can also help remove any parasites that may be present on the skin surface.
4. **Follow local guidelines and regulations:** These may include restrictions on swimming during certain conditions or in specific areas such as designated swimming zones, and always pay attention to any signs or flags indicating water conditions or hazards.
5. **Swim Between The Flags:** When you're at the beach, always remember to swim between the flags. The flags mark the safest area for swimming, where lifeguards are actively watching. By staying between the flags, you help ensure your safety and those of others around you.



Do not solely rely on a lifeguard to ensure your child's safety.

- Beach and Waterfront lifeguards are reactive rather than preventive. It is just the nature of the large areas they are responsible for.
- Stay vigilant and actively supervise your child at all times. Submersion can happen quickly and silently, so you are your child's best supervisor.

Enjoy the water but always keep safety first!

HOLIDAY WATER SAFETY

Always Keep Children Within Arm's Reach!

While on holiday, maintain the same level of caution, particularly in an unfamiliar environment. Holidays can be a time when parents may become more relaxed and distracted; it's crucial to maintain the same level of awareness. Stay vigilant and apply the same safety rules you would at home.

Educate yourself about the destination: Before your holiday, gather information about the destination's water safety practices and any potential risks associated with swimming and water-related sports and activities. Check with the resort staff for their recommendations regarding safe locations and competent sports and activity providers.

Be mindful of water quality: The water quality at resort swimming pools and in jurisdictions outside Canada and the U.S. may not meet the same standards as at home. Approach resort swimming pools as if they were untreated water, similar to natural bodies of water. Remember that water may contain bacteria, viruses, and other contaminants, so taking precautions is essential.

Avoid natural freshwater swimming with young children: When travelling to warm climates with young children, it's advisable to avoid swimming in natural freshwater bodies such as lakes, rivers, or ponds, in particular. These environments may harbour dangerous parasites that can cause illnesses and lifelong problems. Stick to swimming pools that are properly treated and maintained.

Follow local safety guidelines: Familiarize yourself with any specific safety guidelines or regulations that apply to the resort or holiday destination you're visiting. These may include rules about swimming in certain areas, lifeguard availability, or restrictions during specific conditions.

OCEANSIDE RESORTS

Oceanside Resorts: May also have a flag or signage warning system that explains current beach conditions. Pay attention to any signage or instructions the resort or local authorities provide. If unsure as to the meaning of the warning system, ask the resort staff or local authorities to explain.

Surf Conditions: can be especially dangerous for those not accustomed to swimming in such environments. The ocean presents challenges that differ significantly from a calm pool or lake, including powerful waves, strong currents, and rapidly changing conditions.

Rip Currents: One of the most dangerous aspects of the ocean is the presence of rip currents, which can quickly pull even strong swimmers away from the shore. These narrow channels of fast-moving water can be difficult to detect and are often the cause of many ocean rescues and drownings. Swimmers unfamiliar with identifying and escaping rip currents are at significant risk.

Wave Impact: Waves in the ocean can be unpredictable and vary in size and strength. A seemingly calm sea can suddenly produce waves capable of knocking swimmers off their feet, pushing them underwater, or driving them into the sand or rocks. These waves can also create undertows that pull swimmers further into the ocean.

Changing Tides: Tidal changes can alter the depth and strength of the water in a short amount of time. A beach that seems safe during low tide can become dangerous as the tide rises, bringing stronger currents and higher waves.

Marine Life: The ocean is home to diverse marine life, some of which can pose risks to swimmers. Creatures like jellyfish, stingrays, and certain types of fish can cause injuries if encountered unexpectedly. Swimmers unfamiliar with the local marine ecosystem may inadvertently enter areas where these animals are more common, increasing the risk of stings or bites.

The ocean's vibrant and colourful marine life can be particularly enticing for young children. Brightly coloured fish, intriguing shells, and other aquatic creatures can easily catch a child's eye, drawing them closer to the water's edge or encouraging them to explore further than is safe. While their curiosity is natural and can lead to wonderful learning experiences, it also means that your vigilance on the beach is just as crucial as it is in the water.

Always watch children closely, ensuring they do not wander into areas where marine life might pose a danger. Educate them about the importance of not touching or disturbing marine animals, no matter how fascinating they might appear. Being aware of the potential risks and maintaining constant supervision will help keep your family safe while allowing everyone to enjoy the ocean's wonders.

Cold Water Shock: Ocean water can be significantly colder than anticipated in some regions, leading to cold water shock. This sudden immersion in cold water

can cause rapid breathing, increased heart rate, and muscle cramps, making it difficult for even experienced swimmers to stay afloat.

It's crucial for parents, especially those unfamiliar with ocean conditions, to remain cautious. Stay within designated swimming areas between the flags, and heed the advice of lifeguards. The ocean's beauty is matched by its unpredictability, and understanding these hazards is key to keeping your family safe while on holiday.

WATERFRONT PET SAFETY

Always Keep Pets & Children Within Arm's Reach!

Always supervise your pets when they are near the water. Just like children, pets can get into trouble quickly, so keeping a close eye on them is essential.

Life Jackets: If your pet will be swimming, consider investing in a properly fitted life jacket especially if they're not strong swimmers.

Secure Fencing: consider fencing your waterfront area or installing a gate at the dock entrance to prevent pets and small children from wandering too close to the water unsupervised.

Training: Teach your pets basic water safety commands, such as "stay" and "come," to help control their behaviour around the water. Training can also help prevent them from jumping into the water unexpectedly.

If you plan to swim with your dog, consider having your pet wear front paw socks or booties to prevent them from scratching you in the water.

Fresh Water: Provide plenty of fresh water for your pets to drink, especially if they spend time outdoors in the sun. Dehydration can be a risk, particularly on hot days.

Shade and Shelter: Ensure your pets have access to shade and shelter to protect them from the sun and heat. This can help prevent heatstroke and other heat-related illnesses that are particularly hazardous to elderly dogs and puppies.

Check for Ticks: After spending time outdoors, check your pets for ticks, mainly if they've been in wooded or grassy areas near the water. Protect your pets with tick and flea medication at the beginning of the season.

Be Mindful of Wildlife: Keep your pets away from wildlife that may be present near the waterfront, such as ducks, geese, or fish. Encounters with wildlife can be unpredictable and potentially dangerous for pets and wildlife.

Emergency Preparedness: Plan what to do in an emergency involving your pets, such as injury or illness. Know the location of the nearest veterinary clinic or animal hospital.

PUBLIC POOLS

Always Keep Children Within Arm's Reach

When visiting a public, YMCA, or private club swimming pool, it's essential to prioritize the safety of your children. Here are some guidelines to ensure a safe and enjoyable swimming experience.

Constantly supervise your children in the change rooms and pool area: Keep your children *Within Arms Reach*. Do not rely solely on a lifeguard to ensure their safety. Submersion can happen quickly and silently, and you are your child's best supervisor.

Avoid Using Spas or Hot Tubs: The high temperatures in spas and hot tubs are unsuitable for young children, posing risks such as overheating and dehydration. Additionally, even in well-maintained facilities, the water quality in these environments can be compromised due to the high volume of usage, making it less than ideal for children's delicate skin and health.

Stay out of the water if unwell: If you or your child are sick or experiencing diarrhea, refrain from swimming. This helps prevent the spread of illness and maintains a healthy environment for everyone.

Avoid swimming with open wounds or rashes: If you or your child have an open wound or rash, it's best to avoid swimming until it has healed. Open wounds can increase your child's infection risk and spread bacteria in the water.

Take regular bathroom breaks: Encourage your children to take frequent bathroom breaks and check swim diapers often, especially for younger children who are not yet toilet trained. This helps maintain proper hygiene and prevents accidents in the pool.

Change diapers in designated areas: When changing diapers, use designated changing areas or restrooms to ensure that germs from soiled diapers do not come into contact with the pool water. Use a disinfecting wipe on the surface before and after use, and dispose of your soiled diapers in the appropriate bin.

Always follow any specific rules and guidelines of the facility you visit.

EASY DRESSING TIPS



Ready-to-Go Preparation: If you're heading to a swimming facility or a friend's backyard, have your child in their swim attire, except for their swim diaper. This ensures they are appropriately dressed for the swim and minimizes unnecessary delays. Change their diaper to a swim diaper just before entering the water.

Post-Swim: Consider dressing them in sleepwear after your child's swim session. The excitement and physical activity of swimming tend to relax little swimmers, making them more inclined to sleep. Opting for cozy sleepwear can help facilitate comfort and promote a peaceful rest afterward.

Post-Swim Routine: After the swim session, rinse or shower your child and change them into a regular diaper. Wrap them up and secure them in their car seat or stroller. Next, take the time to shower and fully dress yourself. Once you are ready, dress your child to prevent them from overheating in the warm change room. This tip is especially helpful during the winter months.

Practical Attire for Parents: opt for loose-fitting, easy-to-put-on clothing that allows for quick dressing. This is particularly important during colder seasons. Choose outfits that you can easily slip into, ensuring a hassle-free experience.

- While in the water, you might find it more comfortable to wear a T-shirt over your swimsuit. This is especially helpful as your head and shoulders often remain above the water.
- Avoid wearing earrings and necklaces that might attract the attention of little hands, potentially causing injury. Be mindful that watches and bracelets can also scratch or cut a baby's delicate, wet skin.

POST-SWIM SKINCARE

Rinse with Fresh Water: After every swim, whether in a chlorinated pool or natural water, promptly rinse your child with fresh water to remove any lingering chemicals or impurities. Use warm water to keep your baby comfortable during the rinse.

- Apply a small amount of your regular baby shampoo and body wash. Choose mild, baby-friendly products to protect their skin's delicate balance, and take care to avoid getting soap or shampoo in their eyes.
- After cleansing, dry your baby thoroughly with a soft cotton towel, gently patting the skin dry. This helps keep them warm and comfortable.

Moisturize: Once dry, apply a generous amount of moisturizer. Choose products designed for babies or made with natural, gentle ingredients.

EAR CARE FOR LITTLE SWIMMERS

Towel Dry and Tilt: After each swim, thoroughly dry your child's ears with a soft towel. Gently tilt their head to each side while pulling down on the ear lobe to help drain any trapped water from the ear canal.

- Use a hair dryer on a low, cool setting to assist with drying. Hold the dryer at least 12 inches away, ensuring a gentle airflow evaporates remaining moisture and reduces the risk of trapped water.
- **Avoid using cotton swabs** to clean inside your child's ears, as they can irritate the skin and introduce bacteria or fungi. A certain amount of ear wax is beneficial, providing a natural defence against swimmer's ear.

BEFORE AND AFTER SWIMMING FEEDING TIPS

Feed your baby or young child about an hour before the swim session to ensure a comfortable experience. This allows time for digestion and reduces the risk of discomfort or regurgitation, as babies and young children often swallow water while swimming. Finding the right balance is key, as a hungry child won't be happy either.

Breastfed Babies: A small feed up to an hour before swimming provides nourishment without causing discomfort. Be ready to feed them again afterward to replenish their energy.

Bottle-fed Babies: For bottle-fed babies, avoid giving a full bottle or solid food immediately before the swim. Moderate feeding ensures they're not overly full, minimizing the risk of vomiting during the session.

Post-Swim Snack: Your child will likely be hungry after swimming, so have a bottle or healthy snack ready to restore their energy.

SWIM GEAR

Bathing Suits

Safety, comfort, and sun protection are key considerations when choosing swimwear or bathing suits for babies and young children.

- Make sure the swimwear fits well and doesn't sag or ride up, as this could be uncomfortable for your child and might reduce the effectiveness of sun protection.
- Choose swimwear that is easy to put on and take off, particularly as you will need to change diapers often.
- Opt for swimwear made from high-quality, chlorine-resistant materials to ensure durability and longevity, especially if you plan on using them frequently.
- Most swimsuits for children come in **BRIGHT COLOURS** and fun patterns, which can add an extra layer of appeal for your little ones and add to their safety as bright colours are easier to see underwater.
- Swim diapers are a must for babies and toddlers who are not yet potty trained.
- Rash guards are shirts made from stretchy, quick-drying fabric. They are ideal for protecting your child's sensitive skin from the sun and can be worn in and out of the water.
- One-piece swimsuits are a great option as they provide better coverage and reduce the risk of sunburn compared to two-piece suits.

Swim Goggles



Purpose and Benefits: For Children 3+ years of age.

Using Swim goggles is beneficial for young children for several reasons. Goggles protect a child's eyes from chlorine and other chemicals in pool water, which can cause irritation and redness.

Goggles also shield their eyes from dirt, debris, and bacteria that may be present in natural bodies of water. Some goggles have UV protection, which helps protect their eyes from harmful ultraviolet rays when swimming outdoors. Test the goggles for leaks before purchasing.

Swim Goggles Encourage Water Activities: For kids new to swimming or hesitant about putting their faces in the water, wearing goggles can boost their confidence, and they may feel more at ease and be more willing to try something new.

Fun Designs & Durability: Look for goggles with fun designs or colours that your child likes but ensure the goggles are made of high-quality materials that can withstand rough handling and regular use.

Anti-Fog and UV Protection: Choose goggles with anti-fog coatings to ensure clear vision even in the water. Additionally, some goggles offer UV protection to shield your child's eyes from the sun's harmful rays, which is especially important if you swim outdoors.

Size and Fit: Choosing goggles designed for children is a must, as they offer a better fit and are more comfortable for their smaller faces. They should have a smaller frame and adjustable straps to ensure a snug but comfortable fit around their eyes. Opt for goggles with soft silicone seals around the eyes to prevent water from leaking while providing a comfortable and gentle seal on their delicate skin.

Easy Adjustment: Goggles with easy-to-adjust straps are preferable, as they allow you to customize the fit to your child's head size without causing discomfort.

Seal Test: Press the goggles gently against the eye sockets without using the straps, and let go. If the goggles stay in place without leaking air, this indicates a good initial seal.

Self-Rescue: It's important to practice some water activities without goggles during lessons to better prepare your child for unexpected falls into the water. While goggles can be helpful, they should not interfere with your child's ability to follow instructions. Avoid letting your child become too dependent on goggles, leading to difficulty maintaining focus and discipline.

SWIM DIAPERS



Purpose and Benefits: For children who are not yet toilet trained, swim diapers are highly recommended in all settings, including backyard pools, beaches, and are usually required in public facilities.

Unlike regular diapers, swim diapers are designed to withstand water. They effectively prevent feces (poop) from leaking into the water. However, it's important to note that swim diapers are not entirely leakproof. Therefore, frequent diaper changing and bathroom breaks should be prioritized alongside their use.

To make an informed decision, consider checking consumer reviews and identifying the best swim diaper options that suit your preferences and your child's needs.

Proper Sizing: When selecting swim diapers, choose the appropriate size based on your child's regular size rather than weight. This ensures a proper fit and enhances the effectiveness of the swim diaper. By selecting the right size, you optimize comfort and minimize the risk of leaks.

Re-Usable Swim Diapers: If you anticipate frequent swimming sessions with your child, investing in reusable swim diapers or swim pants can be cost-effective. Look for swim diapers with adjustable fittings, as they are customizable over time.

PERSONAL FLOATATION DEVICES (PFDs)

Always Keep Children Within Arm's Reach!

As you prepare to open your cottage for the season or prepare your pool for the warmer months ahead, ensure your children have the appropriate life jackets or personal flotation devices (PFDs).

If you have lifejackets or PFDs from previous seasons, inspect them to ensure they're in good condition and free from any defects that could compromise their effectiveness.



Lifejacket versus a Personal Flotation Device (PFD)

A Lifejacket is a buoyant garment designed to keep a person afloat on their back and their airway clear of the water, even if they are unconscious. The more restrictive fit prioritizes buoyancy and safety over mobility. A lifejacket is preferable for infants and young children.

A personal flotation device (PFD) provides buoyancy to keep a conscious wearer afloat in the water. Unlike lifejackets, PFDs are typically lighter and less bulky, allowing for greater freedom of movement during activities but may not always turn an unconscious wearer face up in the water.

Please check the requirements in your local jurisdiction. Ensure the Lifejacket or PFD you choose is approved by the Ministry of Transport in Canada or the Coast Guard in the U.S.

Before making a purchase, it's essential to try the Lifejacket/PFD on your child to ensure a snug fit. Adjust the straps to secure your child to ensure they won't slip out. You can lift older children by the shoulders of the PFD, ensuring that their chin and ears do not slip through.

Sizing Guidelines for Children's Lifejacket/PFDs is Based on Weight

- Infant: 8 to 30 pounds
- Child: 30 to 50 pounds
- Youth: 50 to 90 pounds

Additional Key Requirements:

- Bright Colour – either red, bright orange or yellow with reflective tape.
- A grab handle to assist in retrieving the child from the water.
- A crotch strap to ensure the Lifejacket/PFD remains securely in place and doesn't ride up or slip over the child's head.

Proper Lifejacket/PFD Care (always follow the manufacturer's recommendations)

- Rinse in clean water after each use.
- Air-dry in a well-ventilated space, away from direct sunlight.
- Clean using mild soap and running water. Do not machine wash or dry.

INTRODUCING A PFD TO YOUR CHILD

Initially, your child may resist wearing the Lifejacket or PFD, as it may feel restricting and similar to being put into a snowsuit. Incorporating lifejackets and PFDs into your family's water safety strategy is essential to ensuring safety. Getting familiar with lifejackets/PFD reduces the likelihood of your child panicking in an emergency.

- Putting a dry baby into a wet, cold Lifejacket or PFD is uncomfortable – you wouldn't like it either. Try to keep it dry before it is used.
- Open the Lifejacket/PFD and unbuckle all straps.
- To position them comfortably, lay them on the open jacket.
- Adjust the straps to achieve a snug fit. It's crucial to periodically readjust the straps to maintain the right fit as your child grows.

ABOUT THE LESSONS IN THIS GUIDE

The lessons in this guide are designed to challenge and inspire progress, with each lesson potentially taking several weeks to master. Factors such as water depth, temperature, and practice time can influence your child's development. Feel free to modify skills to accommodate your child's unique needs. You don't need to follow every activity in the exact order presented—adjust them to match your child's pace and comfort level for the most enjoyable learning experience.

Read the lesson beforehand, proceed at a comfortable pace, and repeat as needed. Repetition is key for young children, so don't hesitate to revisit songs and games. Always begin and end each session with FUN!

Adaptable for All Abilities

If your child is differently abled, modify or skip skills as needed. Focus on their strengths, celebrate progress, and consult your physician or therapist to choose suitable activities.

EXPLORING THE WATER WORLD

Young children are naturally curious and eager to explore. As their guide, you play a key role in introducing them to the aquatic environment through playful and engaging methods. Here's how you can enhance their learning experience:

Task-Oriented Approach

- Assign simple, fun tasks like reaching for floating objects, kicking legs, or blowing bubbles.
- Set achievable goals to keep learning enjoyable and progressively challenging.

Toys and Props

- Use suitable items like flotation devices, water-friendly balls, or colourful objects.
- These tools make lessons interactive while improving motor skills and coordination.

Encouraging Imitation

- Demonstrate skills like blowing bubbles or floating; your child will naturally mimic your actions.

Physical Manipulation

- Assist with leg kicking, arm movements, or floating positions.
- Offer positive reinforcement and praise to build confidence and motivation.

Pace and Progression

- Let your child progress at their own pace. Move forward only when both you and your child feel confident. Gradual learning ensures they build skills comfortably.

Creating a Positive Atmosphere

- Your attitude shapes your child's swimming journey. By fostering a supportive and fun environment, you can promote learning, growth, and enjoyment.

The Joy of Learning

- Embrace the power of play and imitation to help your child explore and thrive in the water world. Witness their growth and confidence as they engage with the aquatic environment!

DEVELOPMENT FRAMEWORK

The structured framework of Granny's Guide to Swimming for Young Children is thoughtfully crafted to help parents create a safe, enjoyable, and well-rounded swimming experience for their children.

Water Confidence: Cultivate trust and familiarity with the aquatic environment through gentle, engaging activities.

Safety Skills: Introduce critical practices for safe entry and exit techniques.

Breath Control: Develop breath-holding and submersion skills to enhance confidence and comfort underwater. These abilities are vital for self-rescue and form the foundation for learning proper swimming strokes.

Floating and Gliding: Master body positioning to support buoyancy, self-rescue, and prepare for stroke development.

Movement Fundamentals: Enhance core swimming skills such as kicking, reaching, and introductory strokes.

Skill Progression: Gradually advance aligned with developmental milestones, emphasizing proper technique but can be adapted to your child's needs.

Aquatic Play: Reinforce skills through fun, interactive songs, games, and water-based activities.

Parent Engagement: Encourage shared learning experiences to strengthen parent-child connections and build trust.

Self-Rescue Training: Empower children with skills to handle unexpected water situations confidently.

Advanced Skills Preparation: Lay the groundwork for advanced techniques like diving, refined strokes, and complex aquatic movements.

AGE-SPECIFIC PROGRAMS

Water Babies (3–18 Months)

- Respond well to action-and-reaction methods engaging natural reflexes.
- Lessons 1–5: Introduce your baby to water as a playful, new environment while teaching breath-holding and submersion for added safety in case of accidental falls.
- Lessons 6–8: For babies 12+ months who have mastered earlier lessons and are ready for advanced skills.

Swim Tots (18 Months –3 Years)

- Thrive on exploration and imitation in a supportive, communicative environment.
- A fun, foundational program introducing toddlers to waterplay, self-rescue, and basic swimming skills. Progress at a comfortable pace for both parent and child.

Little Swimmers (3–5 Years)

- Learn best through hands-off, guided discovery, progressing at their own pace.

LITTLE SWIMMERS (5–7 Years)

- May have more fear—focus on gentle, cooperative instruction and trust-building.
- Gradual and supportive instruction helps ease water anxiety. Once mastered, back floating, submersion, and other skills quickly lead to strokes and advanced techniques like diving.

INCLUSIVE AQUATIC ADVENTURE

Swimming creates a unique and inclusive environment where individuals of all abilities, including children with special needs, can connect with water, family, and friends through shared experiences.

Benefits for Children with Disabilities

Physical Development

- Enhances range of motion, strength, endurance, motor planning, and trunk control.
- Promotes body awareness and overall well-being through joyful water play.

Drowning Prevention

- Critical for children with heightened drowning risks, particularly those with autism.
- Teaches essential water safety skills while improving spatial awareness, balance, and coordination.

Down Syndrome

- Activities like blowing bubbles, floating, and kicking foster motor skill development.
- Swimming improves health and physical fitness, benefiting overall development.

Cerebral Palsy

- Water's buoyancy allows smoother movements, improving muscle strength, flexibility, and coordination.

- Encourages independence through better motor control, balance, and cardiovascular health.
- Boosts confidence and fosters social interaction.

Accessible and Year-Round Fun

With indoor and outdoor facilities in many communities, swimming is an engaging and versatile activity that supports skill-building, physical therapy, and social inclusion throughout the year.

Celebrate the inclusive joy and growth swimming offers, where children of all abilities can thrive and share memorable aquatic adventures with their families and peers.

TEACHING YOUNG CHILDREN SUBMERSION SKILLS

Teaching submersion and breath-holding skills equips young children with essential life-saving abilities, enabling them to survive accidental water entries and giving caregivers critical time for retrieval. While breath-holding is not instinctive, children quickly learn it with effective, gradual instruction.

Goal: To equip children with life-saving submersion skills while fostering confidence and enjoyment in water-related activities. A positive experience builds the foundation for lifelong water safety and aquatic participation.

Key Concepts

Early Development

- Children under five naturally swim underwater, building coordination and strength for swimming strokes and breathing rhythms.
- Floating on the back, combined with breath control, is a foundational survival skill.

Sequential Skill Progression

- Techniques such as forward rolls or back sit falls transition into submersion, followed by back or vertical floats.
- Gradual reinforcement ensures confidence and comfort.

Safe Practice

- Never force dunking or overwhelm with repetitive submersion in a single session.
- Keep sessions enjoyable and build trust to foster positive water experiences.
- **No child is drown-proof**—constant supervision is non-negotiable.

Consistent Cues

- Use cues like “one-two-three” to prepare children for submersion and build comfort through predictable actions.

DEVELOPMENTAL STAGES AND SWIMMING PROGRESSION

Children grow and develop at their own pace, often progressing through overlapping stages. The following provides examples of common traits however, each child’s journey is unique and influenced by factors such as genetics, environment, and learning style. Supporting their individual pace and milestones is key to fostering confidence and enjoyment in swimming.

Babies (3–12 Months)

- **Trust and Recognition:** Babies feel secure with familiar caregivers, encouraging exploration.
- **Play and Exploration:** Simple water activities, like splashing and kicking, help develop foundational swimming skills.
- **Visual and Auditory Engagement:** Improved eyesight aids visual learning, while sounds like splashing enhance the sensory experience.
- **Imitation and Response:** Babies mimic caregiver actions and respond to verbal cues like “kick, kick” and “1-2-3.”

Babies (12–18 Months)

- **Physical Growth:** Independent walking improves balance and coordination, aiding basic swimming movements.
- **Motor Skills:** Better hand-eye coordination enables grasping pool edges and toys.
- **Language and Problem-Solving:** Toddlers start responding to simple instructions and experimenting with movements, boosting confidence.

- **Curiosity and Memory:** Enhanced memory helps toddlers recognize routines and safety rules, encouraging exploration through engaging activities.

Toddlers (18 Months–3 Years)

- **Advanced Motor Skills:** Gross and fine motor skills improve, allowing for more coordinated kicking, paddling, and floating.
- **Cognitive Growth:** Problem-solving abilities and memory retention enable experimenting with techniques and remembering swim routines.
- **Imitation and Role Play:** Toddlers mimic actions during imaginative games, reinforcing skills.
- **Social Engagement:** Language and social skills development support participation in group lessons and games.

Children (3–5 Years)

- **Physical Coordination:** Strength, balance, and endurance improve, enabling longer swimming sessions and better control.
- **Cognitive Skills:** Cause-and-effect understanding aids technique adjustments, while memory and sequencing help follow multi-step instructions.
- **Imaginative Play:** Games like pretending to be sea creatures make lessons fun and engaging.
- **Social Interaction:** Group activities build teamwork and cooperative skills.

Children (5–7 Years)

- **Strength and Endurance:** Enhanced core strength supports body positioning, essential for strokes, floating, and gliding.
- **Complex Skills:** Coordination of breathing with swimming strokes becomes more effective.
- **Independence and Resilience:** Mastering new skills builds confidence, persistence, and a sense of achievement.
- **Social and Safety Awareness:** Group activities foster teamwork while understanding water safety promotes responsibility and preparedness.

CREATING THE IDEAL LESSON SETTING

Perception of Space

- Young children experience large, open, noisy spaces differently than adults.
- Opt for quieter times at indoor aquatic facilities to create a calm, less intimidating environment.

Warm, Shallow Water for Comfort

- Choose warm, shallow water to help children feel relaxed and secure.
- Warm water encourages active engagement, while shallow water provides reassurance and promotes focus on learning.

Faster Skill Development

- Standing in shallow water boosts confidence, helping children take on challenges and develop skills more quickly.
- Features like learning shelves or gradual slopes allow a smooth transition to deeper water, fostering independence.

Building Confidence and Independence

- Shallow areas support self-assurance and encourage exploration.
- Gradual exposure to deeper water builds confidence and a sense of accomplishment.

Focus on Learning

- Comfortable water temperatures allow children to focus on skill-building without distraction, ensuring a productive lesson.

Scheduling Lessons

- **Timing:** Schedule sessions when your child is most alert, avoiding times near naps or meals.
- **Frequency:** Aim for at least two lessons per week, with more frequent sessions if possible, for consistent progress.

Reintroducing Lessons

- After a break, start with familiar skills to ease your child back into swimming routines and rebuild confidence.

LESSON SAFETY GUIDELINES

General Safety

- **Constant Supervision:** Always stay within arm's reach of your child, even in shallow water. Have a second adult supervise other children if present and keep a phone nearby for emergencies.
- **Proper Safety Gear:** Ensure your child wears a well-fitted life jacket or appropriate safety equipment in good condition.
- **Water Safety Rules:** Teach and consistently reinforce rules like no running near the pool, only foot-first entries in shallow water, and asking permission before entering the pool.
- **Gradual Progression:** Introduce skills slowly, ensuring your child feels confident and comfortable before advancing. Avoid pushing too hard, which can cause fear or accidents.
- **Appropriate Water Depth:** Choose water levels suitable for your child's skill level and the activity, not the parent's height.

Handling and Interaction

- **Avoid Pulling by Joints:** Never lift or pull a child by the hands, wrists, or elbows to prevent joint dislocation.
- **Maintain Eye Contact:** Keep eye contact to prevent unintended submersion.
- **No Distractions:** Stay fully focused on your child's safety and progress during lessons.

Deep Water Safety

- Always accompany your child in deep water.
- Use a flotation device for support when teaching in water over their head.
- Encourage reliance on flotation aids rather than physical dependence on you.



Be cautious: even small children can unintentionally pull a strong swimmer underwater.

WATER BABIES

LESSONS 1-8

For Babies and Toddlers

Aged 3-18 months

WATER BABIES: LESSON #1

LESSON PURPOSE

Introduce your baby to water through gradual immersion, playful exploration, and safe water practices. Focus on building comfort and confidence in a warm, shallow environment.

RECOMMENDED IN-WATER TIME

Start with **15 minutes**, gradually increasing to **30 minutes**. Stop if your baby shows signs of fatigue or discomfort.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Buddy Entry, Chest Hold, Seated Entry
Breath Control	Face Wet, Chin In
Floating Techniques	Front & Back Float (with PFD)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, and a PFD (Personal Flotation Device).

GETTING WET

Preparation: Select a floating plastic toy your baby can grasp. Use it during bath time to familiarize them before the first lesson.

In the Water:

- Hold your baby upright and gently splash and scoop water with your free hand.
- Encourage your baby to mimic the motion and explore side-to-side and forward-backward movements.

For Sitting Babies: Place your baby on a pool step in very shallow water and encourage playful splashing.

ENTRY & EXIT TECHNIQUES

TECHNIQUE	
Buddy Entry	One adult enters first, receives both babies, then the partner follows.
Chest Hold Entry	Hold your baby close to your chest, walking in carefully. Keep one hand free for balance.
Seated Entry	Sit beside your baby and secure them. Enter the water, then lift your baby in gently.
Exiting the Pool: Simply reverse the entry technique, ensuring safety and maintaining eye contact with your baby.	

BREATH CONTROL TECHNIQUES

Face Wet:

- Hold your baby and gently blow bubbles in their hand to encourage imitation.
- Progress to blowing bubbles near their face, keeping movements calm and controlled.

Chin In the Water:

- Hold your baby under their arms, say "*One-Two-Three*", blow on their face, and gently lower their chin into the water.
- Use smooth, consistent movements to associate the cue with action.

FLOATING TECHNIQUES

Back Float (with PFD)

For Young Babies: Cradle your baby with their ears out of the water. Offer a toy for them to hold and rock gently side-to-side. Gradually release your support, allowing the PFD to take over.

For Older Babies: Position your baby's head on your shoulder, cheek-to-cheek. Offer a toy and let their body float freely. Gradually remove your shoulder support. Stand and make eye contact to encourage your baby to look up, optimizing their floating position.

Front Float (with PFD): Hold your baby in a *football hold* or face them while supporting their chin. Encourage leg and arm movements using cues like "*kick-kick*" and "*paddle-paddle*." Add bubble sounds to make it engaging and fun.

PFD SAFETY

- Perform a dry fit before the lesson to ensure proper adjustment.
- Gradually introduce your baby to the water in the PFD, starting with a calm back float.
- Check the groin strap to ensure it does not ride up and obstruct the airway.

FUN STUFF

Songs

- Twinkle, Twinkle, Little Star: Sing softly while cradling your baby to soothe them.
- Row, Row, Row Your Boat: Gently sway your baby in the water to mimic rowing motions.
- The Wheels on the Bus: Modify lyrics with water actions like splashing or moving in circles.
- I'm a Little Teapot: Encourage splashing along with playful lyrics.

Games

- Splash and Scoop:
- Splash water gently toward your baby, encouraging them to mimic the action.

- Floating Toy Chase:
- Place a floating toy in front of your baby and support them as they reach for it.
- Bubble Blowing:
- *Blow bubbles near your baby and encourage them to pop them, introducing breath control in a fun way.*
- Peek-a-Boo Splash:
- *Play peek-a-boo, splashing water each time you reveal your face to make water play exciting.*

NOTES FOR PARENTS

- ✓ Avoid rushing; proceed at your baby's pace.
- ✓ Never force submersion. Keep the experience positive and playful.
- ✓ Progress to the next lesson only when all items in this lesson are mastered or you have adapted the skills to meet your baby's special needs.
- ✓ Celebrate small achievements and focus on building confidence.
- ✓ Always prioritize safety, supervision, and enjoyment to create positive water experiences for your baby.

WATER BABIES: LESSON #2

LESSON PURPOSE

Introduce your baby to breath-holding skills and enhance their comfort in a PFD, creating a supportive environment to build confidence and water safety familiarity.

RECOMMENDED IN-WATER TIME

Gradually extend the in-water time to **30 minutes**, ensuring your baby remains comfortable and engaged.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry with PFD
Breath Control	Chin & Nose Submersion, Breath Holding
Floating Techniques	Supported Front & Back Float
Movement Techniques	Front & Back Float (PFD) with kicking and paddling

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, and a PFD (Personal Flotation Device).

GETTING WET

Start Small: Use a sponge or cloth to squeeze water onto your baby's hands. Gradually introduce a steady stream of water dripping from a cup or bucket.

Build Comfort: Move toward pouring water gently over your baby's head and face, always ensuring they are comfortable and reassured.

ENTRY & EXIT TECHNIQUES

Safety Note: Never lift your baby by their wrists or elbows, as this may cause dislocation. Always support them under the arms.

Entry with PFD: Dry-fit your baby's PFD before entering the water. Hold them securely under the arms as you enter the pool. Allow them to float calmly before moving into other activities.

BREATH CONTROL TECHNIQUES

Encouraging Submersion: Blow bubbles and hum in the water to encourage imitation.

Gently splash water onto your baby's face while maintaining a playful demeanour.

Chin & Nose Submersion: Hold your baby face-to-face with both your chins at water level. Use cue words ("*One-Two-Three*") before gently blowing on their face and submerging their chin and nose. Gradually increase submersion depth as comfort grows.

Tips:

- Always move slowly to avoid forcing water up their nose.
- Keep eye contact, smile, and model confidence.
- Consider wearing goggles to maintain open eyes underwater for better safety monitoring.

FLOATING TECHNIQUES

Supported Front Float

For Young Babies: Use a *football hold*, supporting your baby's chest along your forearm. Support their chin in your palm while their arms and legs float freely.

For Older Babies: Position a pool noodle under their arms and gently hold their upper arms. Encourage floating movements with playful cues and bubbles.

Supported Back Float

- Begin with the PFD, as in Lesson 1, and then transition to floating without it.
- Position your baby's head on your shoulder with your face cheek-to-cheek.
- Gradually remove your shoulder support and allow their ears to submerge fully.
- Hold their hands in a T-shape and maintain eye contact to encourage proper body positioning.

MOVEMENT TECHNIQUES

While your baby is in their PFD, encourage movement using cues like "*Kick-Kick*" and "*Paddle-Paddle*". Gently guide their arms and legs to help them explore basic swimming motions.

FUN STUFF

Songs

- Five Little Ducks - Encourage paddling and kicking while singing, splashing gently during the "*quack, quack, quack*" part.

- Hickory Dickory Dock - Mimic clock movements by gently raising and lowering your baby in the water.
- Wheels on the Bus (in a PFD) Adjust lyrics to include water activities:
 - The baby in the PFD floats up and down (gently bob in the water).
 - The arms on the baby go splash, splash, splash (encourage arm movements).
 - The feet on the baby go kick, kick, kick (encourage leg kicks).

Games

- Cup Pour and Explore -Use a sponge or plastic cup to pour water over your baby's arms, hands, and eventually face.
- PFD Paddle and Kick - Encourage leg kicks and arm paddles while wearing the PFD, using simple cues.
- Submersion Peek-a-Boo - Hold your baby chin-to-chin, use the *"One-Two-Three"* cue, and gently submerge their chin and nose. Lift them out with a big smile and say, *"Peek-a-boo!"*
- Floating Toy Reach - Place a small floating toy just out of reach during front or back floats, encouraging your baby to stretch and explore.

NOTES FOR PARENTS

- ✓ Always prioritize your baby's comfort and readiness before advancing skills.
- ✓ Celebrate small milestones to build confidence.
- ✓ Never leave your baby unsupervised and ensure all safety guidelines are followed.
- ✓ By creating a fun, supportive environment, this lesson helps your baby gain confidence, develop essential safety skills, and enjoy their time in the water.

WATER BABIES: LESSON #3

LESSON PURPOSE

Enhance your child's movement and independence while wearing a PFD and introduce foundational steps for full submersion, building confidence and essential water skills.

RECOMMENDED IN-WATER TIME

30 minutes, ensuring your child remains engaged and comfortable throughout the session.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Fall-In (Seated/Standing), Climb Out
Breath Control	Full Submersion
Floating Techniques	Supported Front & Back Tows
Movement Techniques	Front & Back Swim with PFD

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, pool noodles, and PFD.

GETTING WET

Waterplay Warm-Up

Use small buckets, teapots, and watering cans to pour water over your child's hands, arms, and shoulders, gradually moving to their head.

Game: Water Limbo

Hold a pool noodle or hula hoop across the water. Take turns ducking under it, lowering it slightly each round to increase the challenge.

ENTRY & EXIT TECHNIQUES

Fall-In Entry (Seated or Standing): Support your child by placing both hands under their arms. Use the cue “*One-Two-Three*” and gently lower them headfirst into the water until their chin touches. Gradually progress to full submersion as confidence grows.

Climb-Out (Pool or Dock): Facing the deck or step, encourage your child to hang on while you provide support under their bottom. Assist them in climbing out by offering your knee or hand as a step. Work toward independence over time.

Walk-In Entry (Beach/Shallow Steps): Hold your child’s hand as you walk into the water. Encourage them to use a handrail if available, fostering independence.

Walk-Out Exit: Hold both hands as your child walks out of the water. Guide them toward steps or the shore.

BREATH CONTROL TECHNIQUES

Introduction to Submersion: Hold your baby face-to-face with both your chins at the water level. Blow bubbles and hum to encourage imitation. Use the cue “*One-Two-Three*” and blow gently on their face before submerging your chins and noses together. Maintain eye contact and a calm, reassuring demeanour.

Key Points:

- Repeat submersion up to three times per session.
- Always connect cues with actions to build familiarity.
- Avoid hesitation, which may confuse or distress your child.

FLOATING TECHNIQUES

Supported Front Tows

For Young Babies: Use a *football hold*, cradling their chest on your forearm while supporting their chin. Guide their hands with “*Paddle-Paddle*” and encourage leg kicks with “*Kick-Kick*.”

For Older Babies: Have your child lie on their stomach with arms stretched on your shoulders. Support their chest and guide leg kicks while walking backward.

Supported Back Tows

For Young Babies: Cradle them with their head on your shoulder, gradually submerging their ears. Walk sideways while gently towing them.

For Older Babies: Lie them on their back with arms in a T-shape. Support their shoulders lightly and walk backward, encouraging them to kick with “*Kick-Kick*.”

MOVEMENT TECHNIQUES

Front Swim with PFD: Support their chin while floating in a PFD, encouraging “*Kick-Kick*” and “*Paddle-Paddle*.” Gradually remove chin support, allowing independent movement.

Back Swim with PFD: Practice floating while maintaining eye contact to encourage confidence. Encourage kicking with “*Kick-Kick*” while guiding movements in the water.

Supported Walking: In shallow water, hold both hands and guide your child as they walk, allowing them to feel buoyancy and practice balance.

FUN STUFF

Songs

- Head, Shoulders, Knees, and Toes - Guide your child to move each body part in the water, building awareness and encouraging movement.
- Itsy Bitsy Spider - Pour water over their head during “down came the rain” to make submersion playful.
- The Hokey Pokey - Adapt lyrics for water play: “You put your right hand in, you take your right hand out...” to encourage paddling and floating.

Games

- Water Limbo - Duck under a pool noodle, reinforcing movement and submersion skills.
- Toy Rescue - Place floating toys around the pool for your child to retrieve, building independence.
- Bubble Fun - Blow bubbles together during submersion exercises for a fun, shared activity.
- Kick and Paddle Race - Encourage your child to kick and paddle toward a target in their PFD, using clear verbal cues.

- Follow the Leader - Lead simple movements like walking, floating, and kicking, encouraging your child to mimic you.

NOTES FOR PARENTS

- Only progress to the next lesson when your child has mastered all items in this one.
- Celebrate small successes to boost your child's confidence and enjoyment.
- Always prioritize safety, supervision, and comfort during lessons.
- This lesson introduces more advanced skills while maintaining a focus on gradual progress, safety, and fun. By combining structured activities with engaging songs and games, your child can develop confidence, independence, and essential water safety skills.

WATER BABIES: LESSON #4

LESSON PURPOSE

Introduce underwater movement skills, foster independence in shallow water, and develop self-rescue abilities, building confidence and safety awareness.

RECOMMENDED IN-WATER TIME

30 minutes – ensure your child stays engaged and comfortable during the session.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry to Back Float (PFD and Non-PFD), Climb Out
Breath Control	Object Retrieval (Shallow), Underwater Passing
Floating Techniques	Back Float
Movement Techniques	Sit, Stand, and Walk in Shallow Water

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, PFD, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Incorporate water play that encourages reaching, grasping, sitting, standing, and walking.

- Use toys like cups or watering cans to splash water gently and engage your child.

ENTRY & EXIT TECHNIQUES

Entry to Back Float (with PFD): Support your child by placing both hands under their arms. Use the cue “*One-Two-Three*” to gently lower them into the water headfirst, allowing brief submersion. Transition them smoothly to a back float, supporting their head and body until they adjust. Encourage them to kick their legs toward the pool wall or steps and assist them in climbing out.

Entry to Back Float (without PFD): Follow the same steps as above, gradually reducing your support as your child gains confidence and balance.

Climb-Out (Pool, Dock, or Step): Help your child turn to face the edge, holding on securely. Assist them in climbing out by providing a stable surface, such as your knee or hand, to step on. Practice until they can perform this independently.

BREATH CONTROL TECHNIQUES

Object Retrieval (Shallow Water): Place sinkable toys in water no deeper than your child’s waist. Encourage your child to submerge their face and reach for the objects while you provide support. Teach them to regain balance if they fall over, reinforcing self-recovery skills.

Underwater Passing: Stand side by side with another adult, an arm’s length apart. Use the cue “*One-Two-Three*” and pass your child at chin level first. Progress to passing with both adults fully submerged, maintaining smooth, controlled movements. Repeat up to three times per session.

FLOATING TECHNIQUES

Back Float: Place your child’s head on your shoulder with your face cheek-to-cheek. Allow their body and legs to float freely, gradually removing your shoulder

support to submerge their ears. Encourage them to hold their arms in a T-shape and kick their legs gently. Maintain eye contact to help them feel secure and balanced.

MOVEMENT TECHNIQUES

Sit, Stand, and Walk in Shallow Water

Sit and Stand: Practice sitting gently in shallow water and then standing up.

Walk: Guide your child through shallow water, assisting with balance as needed.

Fall and Recover: Supervise controlled falls and teach them to stand back up independently, helping build confidence in self-recovery.

Safety Note: Always stay within arm's reach and ensure the water depth is safe for your child's height.

FUN STUFF

Songs

- Under the Sea - Use during underwater activities, encouraging your child to imagine swimming with sea creatures.
- Ring Around the Rosie - Hold hands and sing while practicing sitting and standing at *"we all fall down."*
- Row, Row, Row Your Boat" (Underwater Version) - Modify lyrics to encourage underwater movement and object retrieval.

Games

- Underwater Treasure Hunt - Place sinkable toys in shallow water for your child to retrieve, encouraging submersion and movement.
- Pass the Baby - Practice underwater passing with a partner, progressing from surface-level to fully submerged passes.
- Sit, Stand, and Walk Relay - Create a course where your child alternates sitting, standing, and walking to complete tasks like retrieving a toy.
- Back Float Rescue - Transition from a seated position to a back float and kick to retrieve a nearby toy, reinforcing self-rescue techniques.

- Water Obstacle Course - Set up shallow-water challenges like navigating pool noodles or retrieving objects to encourage a range of movements.

NOTES FOR PARENTS

- Progress to the next lesson only when your child has mastered all the items in this one.
- Reinforce positive experiences by celebrating small achievements.
- Maintain close supervision at all times and prioritize safety.
- This lesson builds on previous skills by introducing underwater movement, fostering independence, and enhancing self-rescue techniques, ensuring a fun and supportive learning experience.

WATER BABIES: LESSON #5

LESSON PURPOSE

Familiarize your baby with essential skills for managing an unexpected fall into the water, emphasizing self-rescue techniques and building confidence in aquatic environments.

RECOMMENDED IN-WATER TIME

30 minutes – ensure your child remains comfortable and engaged.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry to Back Float, Climb Out
Breath Control	Front Passing (with Partner)
Floating Techniques	Rollover (Front to Back with/without PFD)
Movement Techniques	Supported Front & Back Swim

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, PFD, and small brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Incorporate water play with toys that encourage reaching, grasping, sitting, standing, and walking. Use pool noodles or other props to make water exploration fun and engaging.

ENTRY & EXIT TECHNIQUES

Seated or Standing Entry to Back Float: Stand an arm's length away from the pool wall or dock. Use the cue “*One-Two-Three*” to encourage your child to fall forward into the water. Guide them into a back float immediately after entry, offering support as needed. Encourage your child to kick their legs to return to the pool edge or steps.

Practice climbing out independently, providing assistance as needed.

BREATH CONTROL TECHNIQUES

Review: Object Recovery

- Place sinkable toys just out of reach in shallow water, encouraging your child to submerge their face and retrieve the objects.

Front Passing (with Partner): Parent and partner stand an arm's length apart, holding the baby cheek-to-cheek at chin level. Use the cue “*One-Two-Three*” to submerge with the baby and pass them smoothly to the partner. Repeat the process, this time fully submerging during the pass.

- Perform up to three passes per session to build familiarity and confidence.

FLOATING TECHNIQUES

Supported Rollover (Front to Back with PFD): Start with the child floating on their front in a PFD. Hold their chin with one hand to keep their face above water. Gently cross one leg over the other and guide their arm across their body to initiate the roll onto their back. Encourage them to relax in the back float for 5-10 seconds, moving toward the pool exit. Gradually reduce support as your child gains confidence.

Supported Rollover (Front to Back without PFD): Hold your baby in a football hold with their arms and legs floating freely. Guide them onto their back by cupping their

head with your hand and rolling them over gently. Encourage them to maintain a back float for 5-10 seconds before moving toward the pool exit.

MOVEMENT TECHNIQUES

Supported Front Swim

For Young Babies: Use a football hold, supporting their chest while encouraging “Paddle-Paddle” and “Kick-Kick.” Walk slowly forward, keeping their movements smooth and controlled.

For Older Babies: Place a pool noodle under their arms for buoyancy and lightly guide their movements. Encourage forward motion with “Kick-Kick” cues.

Supported Back Swim: Rest your baby’s head on your shoulder, positioning your face cheek-to-cheek. Allow their arms and legs to float freely, holding their hands in a T-shape. Gradually move their arms closer to their sides while encouraging them to kick their legs with “Kick-Kick” cues.

Move backward in the water, helping your baby explore and maintain balance.

FUN STUFF

Songs

- If You’re Happy and You Know It (Water Version)
 - Modify lyrics to include water skills:
 - If you’re happy and you know it, float on your back.”
 - If you’re happy and you know it, kick your legs.”
- Humpty Dumpty - Use during the fall-in entry, transitioning into a back float after “had a great fall.”
- Twinkle, Twinkle, Little Star" (Floating Star Version) - Encourage your baby to spread their arms and legs while floating on their back like a starfish.

Games

- Object Chase - Place a toy out of reach and encourage your baby to paddle and kick toward it using “Kick-Kick” and “Paddle-Paddle.”
- Fall-In and Float - Practice fall-in entry and guide your child to a back float, gradually reducing assistance.

- Water Limbo - Hold a pool noodle or hoop across the water and encourage your baby to float or swim under it.
- Pass the Baby - Reinforce submersion and breath control through the front passing exercise with a partner.
- Floating Starfish - Practice rolling over from front to back while pretending to be a starfish, spreading your arms and legs wide.

IMPORTANT NOTES FOR PARENTS

Lessons 6-8 are recommended for babies aged 12-18 months.

Progress to Lesson 6 when your baby:

- Is standing independently.
- Has begun walking with confidence.
- Have mastered all skills from previous lessons
or have mastered the skills you have modified to adapt to your baby's special needs.

The following lessons emphasize water safety, the introduction of self-rescue skills and confidence-building through fun and supportive activities progressions.

WATER BABIES: LESSON #6

LESSON PURPOSE

Promote continued improvement in independent movement and breath control while reinforcing and building upon the skills learned in previous lessons.

RECOMMENDED IN-WATER TIME: 30–45 minutes – ensure breaks for rest and comfort as needed.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Fall-in Entry with Rollover to Back Float
Breath Control	Bobbing, Front Pass to Exit, Object Retrieval (Waist-Deep)
Floating Techniques	Vertical Float
Movement Techniques	Continuous Activity: Entry, Rollover to Back Float

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, flutter board, and PFD.

GETTING WET

Songs with Actions

Warm-Up Water Play: Use small buckets and watering cans to pour water gently over your baby's hands, arms, and head to engage them and build comfort.

ENTRY & EXIT TECHNIQUES

Fall-in Entry with Rollover to Back Float: Stand an arm's length from the pool wall or dock. Use the cue “*One-Two-Three*” to encourage your child to fall forward into the water independently. Once they enter, guide them into a back float and encourage them to hold the position for a count of 10. Help your child kick back to the entry point and climb out independently.

BREATH CONTROL TECHNIQUES

Object Retrieval (Waist-Deep Water): Place a sinkable toy in waist-deep water. Hold your child's hand to provide balance as they reach to retrieve the object. Encourage them to hold their breath, put their face in the water, and self-discover the task at their own pace.

Introducing Bobbing: Start by practicing bubbles at the surface to encourage exhaling into the water. Use the cue *"One-Two-Three"* to submerge together until the water level is above the eyes. Focus on teaching your child to exhale underwater while making bubbles. Gradually connect multiple bobs, with a breath between each submersion.

Front Pass to Exit: Parent and partner face each other, with the parent positioned near the poolside or shallow water exit.

- Partner fully submerges with the baby and passes them to the parent.
- The parent turns and guides the baby to climb out of the water independently.
- Gradually increase the passing distance to build confidence and skill.

FLOATING TECHNIQUES

Back Float: Place your baby's head on your shoulder, cheek-to-cheek. Allow their body and legs to float freely while you support their head. Remove support gradually, encouraging them to float independently.

Vertical Float: Start in shallow water where your child can comfortably stand. Position your faces cheek-to-cheek and guide their arms into a T-shape for balance. Gently lift them until their feet are off the bottom, encouraging buoyancy. Transition to a back float and encourage them to kick and paddle toward the pool edge, reducing support as they build independence.

MOVEMENT TECHNIQUES

Continuous Activity: Combine the following into one seamless exercise:

- Fall-in entry with PFD.
- Rollover to back float or vertical float.

FUN STUFF

Songs

- Row, Row, Row Your Boat - Gently move your baby forward and backward in the water, singing as they practice basic floating and movement.
- Twinkle, Twinkle, Little Star - Sing this calming song as your baby practices back or vertical floating, encouraging relaxation.
- The Itsy Bitsy Spider - Use this song to guide gentle splashing and movement, engaging your baby with fun actions.

Games

- Splash and Scoop - Pour water gently over your baby and encourage them to reach for floating toys, building comfort with water on their face.
- Floating Toy Reach - Place a toy just out of reach while your baby practices vertical or back floating, encouraging movement and coordination.
- Peek-a-Boo Splash - Play peek-a-boo with splashes, making water time interactive and enjoyable.
- Bubble Blowing Fun - Blow bubbles near your baby and encourage them to reach or mimic, reinforcing breath control.
- Kick and Paddle - Encourage leg kicks and arm paddles while supporting your baby, using clear cues like *“Kick-Kick”* and *“Paddle-Paddle.”*

NOTES FOR PARENTS

- Only progress to the next lesson after mastering all the skills in this one.
- The next lesson focuses on building breath control, improving independent movement, and reinforcing essential water safety skills, preparing your baby for more advanced activities in future lessons.
-

WATER BABIES: LESSON #7

LESSON PURPOSE

Enhance self-rescue skills, refine techniques, and promote independent movement in the water, building on previously learned skills.

RECOMMENDED IN-WATER TIME

30–45 minutes – incorporate breaks for rest and comfort as needed.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Breath Control	Front Pass Extended
Movement Techniques	Front Glide

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, flutter board, and PFD.

GETTING WET

- Incorporate songs with actions to engage your child (see *Appendix B* of *Granny's Guide to Swimming* for suggestions).
- Warm up with water play using small buckets, watering cans, and floating toys.

ENTRIES & EXITS

Review & Practice

Fall-in Seated or Standing Entry with PFD: Guide your child to fall forward into the water and transition into a back float.

Fall-in Entry with Climb Out: Encourage your child to climb out independently after each entry, reinforcing self-rescue.

BREATH CONTROL TECHNIQUES

Repeat Bobbing (3x): Use the cue “*One-Two-Three*” to submerge together, keeping eyes open and blowing bubbles underwater. Practice connecting multiple bobs with a breath between each one.

Repeat Object Recovery (Waist-Deep Water); Place a sinkable toy in water where your child can comfortably stand.: Encourage them to hold their breath, submerge their face, and reach for the toy.

Passing and Exit: Stand an arm's length from the pool exit. Use the cue “*One-Two-Three*” to submerge and pass your child to the exit.

- Extend the passing distance to 3–5 feet, ensuring they can manage one breath before reaching the exit.

FLOATING TECHNIQUES

Review & Practice: Practice back floats and vertical floats, encouraging relaxation and independence. Move toward the pool exit, guiding your child to kick and paddle before climbing out.

MOVEMENT TECHNIQUES

Continuous Activity: Combine the following into one seamless exercise:

- Fall-in entry, rollover to back float, and exit.

Front Glide

Step One:

- Place a toy on the pool edge, dock, or step within arm’s reach.
- Hold your child in a football hold with your faces cheek-to-cheek.
- Stretch their arms forward to simulate a glide and guide them toward the toy.
- Encourage them to climb out and retrieve the toy independently.
- Gradually extend the distance to 3–5 feet.

Step Two:

- Use the cue “*One-Two-Three*” to encourage your child to fall into the water.
- Lift their chin for a breath, then guide them forward with “*Kick-Kick*” and “*Paddle-Paddle*” cues.
- Gradually reduce assistance, aiming for an independent glide covering 3–5 feet with one breath.

FUN STUFF

Songs

- The Wheels on the Bus (Water Version)) - Modify lyrics for water activities, e.g., *“The baby in the pool goes kick, kick, kick.”* Sing while practicing front glides and kicking to keep your child engaged.
- If You’re Happy and You Know It (Water Version) - Reinforce key skills, e.g., *“If you’re happy and you know it, float on your back.”*
- Five Little Ducks - Use during object retrieval or submersion activities, encouraging your child to reach for toys as each “duck” comes back.

Games

- Toy Grab Relay - Place a toy on the pool edge and encourage your child to glide toward it, retrieve it, and climb out.
- Bubble Blowing Challenge - Turn bobbing into a game by seeing how many bubbles your child can blow during each submersion.
- Pass the Baby (Extended) - Increase the distance for passing exercises, reinforcing independent movement toward the exit.
- Kick and Glide Race - Practice front glides with a gentle race to a toy or the pool edge, focusing on coordinated kicking and arm movements.
- Rollover to Float - Encourage transitioning from a front glide to a back float and kicking to the pool edge.
- Peek-a-Boo Float - Play peek-a-boo during back floats to keep your child engaged and motivated.

NOTES FOR PARENTS

- Progress to the next lesson only when your child has mastered all the items in this one.
- The next lesson emphasizes refining self-rescue techniques, promoting independent movement, and reinforcing critical breath control skills in a supportive and engaging environment.

WATER BABIES: LESSON #8

LESSON PURPOSE

Enhance self-rescue skills, refine techniques, and promote continuous, independent movement in the water while building on foundational skills.

RECOMMENDED IN-WATER TIME

30–45 minutes – ensure rest breaks as needed for comfort and engagement.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Breath Control	Object Retrieval (Chest-Deep)
Movement Techniques	Continuous Activity: Entry, Rollover, Back Float & Exit

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, flutter board, and PFD.

GETTING WET

- Use songs with actions from *Appendix B* of *Granny's Guide to Swimming* to engage your child.
- Begin with water play, such as pouring water gently over your child's hands, arms, and head with small buckets or watering cans.

ENTRY & EXIT TECHNIQUES

Review & Practice

Fall-in Seated or Standing Entry with PFD: Encourage your child to fall in independently and transition into a back float.

Fall-in Entry with Climb Out: Reinforce self-rescue by practicing independent climbing out after each entry.

BREATH CONTROL TECHNIQUES

Review: Bobbing (3x): Use the cue “*One-Two-Three*” to submerge together, focusing on exhaling underwater to create bubbles. Attempt to connect bobs with one breath between each.

Object Retrieval (Chest-Deep Water): Place a sinkable toy in chest-deep water. Hold your child’s hand to maintain balance while they stand and reach for the toy. Encourage them to hold their breath, submerge their face, and retrieve the object. Allow self-paced discovery to build confidence.

Safety Tip: Always stay within arm’s reach and ensure the water depth is appropriate for your child’s height.

MOVEMENT SKILLS

Review: Front Glide

Use a football hold to guide your child toward a toy placed 6 feet away. Gradually reduce assistance, encouraging one breath before continuing the glide. Transition this skill into independent movement over time.

Continuous Activity

Sequence: Fall-in entry, roll over to a back float or vertical float, and relax for 3–5 seconds. Encourage your child to kick and paddle toward the pool edge and climb out. Repeat without a PFD for advanced practice.

FUN STUFF

Songs

- “Wheels on the Bus” (Advanced Version): Modify lyrics to include gliding and floating actions:
 - *The baby in the pool goes glide, glide, glide.*
 - *The baby in the pool goes float, float, float.*
- Five Little Ducks - Use during object retrieval, encouraging your child to submerge and retrieve a toy for each “duck.”
- Twinkle, Twinkle, Little Star - Sing during continuous activities, reinforcing relaxation during back floats by pretending to “shine like a star.”

Games

- Toy Dive Adventure - Place a toy in chest-deep water and encourage your child to retrieve it, building breath control and confidence.
- Rollover Rescue - Turn the continuous activity into a game by timing how smoothly your child can fall in, roll over, float, and paddle to the edge.
- Pass the Toy - Practice front glides by passing a toy between two adults. Gradually increase the distance to encourage continuous movement.
- Follow the Leader- Lead your child through actions like falling in, rolling over, and kicking to the exit. Add silly motions to make it fun.
- Bubble Bobbing - Challenge your child to blow bubbles after each submersion, making breath control exercises playful and engaging.
- Floating Star Race - Encourage your child to glide to a toy, roll into a back float, and kick to the edge. Make it a race to reinforce coordination and continuous movement.



SWIM TOTS LESSONS 1-10

FOR CHILDREN NEW TO SWIMMING

AGED 18 MONTHS–3 YEARS

SWIM TOTS: LESSON #1

LESSON PURPOSE

Create a comfortable environment that gently introduces your toddler to the water, fostering familiarity and confidence through playful and supportive activities.

RECOMMENDED IN-WATER TIME

20–30 minutes – gradually increase time as your toddler builds comfort and confidence.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Chest Hold, Seated Entry
Breath Control	Face Wet, Chin In
Floating Techniques	Back & Front Float (with PFD)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, and PFD.

GETTING WET

Warm-Up Activities

Familiarization with Toys: Select a floating toy and use it during bath time before the lesson to build familiarity.

Shallow Water Play: Sit your toddler on the pool step or in very shallow water. Encourage them to splash the water and themselves.

Explore Movements: Gently move your toddler side to side, backward, and forward to help them experience different water sensations.

ENTRY & EXIT TECHNIQUES

Chest Hold Entry (Beach/Ramp/Shallow Step Entry Pools): Hold your toddler close to your chest as you walk into the water. Keep one hand free for balance.

Seated Entry (Poolside/Docks): Sit beside your toddler and ensure they are stable.

Slip into the water while maintaining eye contact. Once in the water, lift your toddler into the pool gently.

Exiting the Pool: Simply reverse the entry technique, ensuring safety and maintaining eye contact with your baby.

Safety Tip: Always lift your toddler under their arms to avoid strain on their wrists and elbows.

BREATH CONTROL TECHNIQUES

Introducing Breath Holding: Hold your toddler in one arm and take their hand. Blow bubbles into their hand and encourage them to mimic you. Blow bubbles near their face to help them see and hear the bubbles forming.

Chin in the Water: Hold your toddler under their arms. Use the cue “*One-Two-Three*” and blow gently into their face, lowering their chin to touch the water. Ensure movements are calm and smooth to maintain comfort.

FLOATING TECHNIQUES

Back Float with PFD: Place your toddler’s head on your shoulder, cheek-to-cheek. Allow their body to float freely with PFD support. Gradually remove your shoulder support and encourage them to hold the float independently for a few seconds.

Front Float with PFD: Hold your toddler in a football hold or stand in front of them while supporting their chin. Encourage movement with “*Kick-Kick*” and “*Paddle-Paddle*” cues. Add fun by making noisy bubble sounds.

Safety Tip: Always ensure the PFD is fitted correctly, with no straps obstructing the airway.

FUN STUFF

Songs

- Splish Splash - Sing this upbeat song while gently splashing water to create a fun and playful atmosphere.
- Row, Row, Row Your Boat - Hold your toddler securely and sway them gently while singing.

- Twinkle, Twinkle, Little Star - Use floating exercises to create a calming environment.
- The Wheels on the Bus - Modify lyrics for water actions: *The wipers on the bus go swish, swish, swish*” (gently splash water).

Games

- Splash and Scoop - Use a small cup to pour water over your toddler’s hands and encourage them to mimic the action.
- Floating Toy Chase - Place a toy just out of reach and encourage your toddler to reach or “chase” it.
- Peek-a-Boo Splash - Play peek-a-boo while splashing gently to associate water with fun.
- Bubble Blowing Fun - Blow bubbles in shallow water and encourage your toddler to pop them.
- Toy Dunk - Encourage your toddler to push a floating toy under the water and watch it pop back up.
- Water Limbo - Hold a pool noodle just above the water and guide your toddler to pass under it.

NOTES FOR PARENTS

- Only progress to the next lesson after mastering all the items in this one.
- Celebrate small successes to boost confidence and enjoyment.
- Lesson 1 focuses on creating a safe and enjoyable introduction to water, helping your toddler build trust, familiarity, and foundational skills.

SWIM TOTS: LESSON #2

LESSON PURPOSE

Gently introduce breath-holding skills and improve comfort in a PFD, fostering confidence and familiarity with water safety techniques.

RECOMMENDED IN-WATER TIME: 30 minutes – ensure rest breaks as needed.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry with PFD
Breath Control	Chin & Nose, Breath Holding
Floating Techniques	Supported Front & Back Float
Movement Techniques	Front & Back Float (PFD) with kicking and paddling

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, and PFD.

GETTING WET

Warm-Up Games

What's That Noise? Encourage your child to put their ears in the water and listen to sounds like bubbles, kicking feet, or blowing whistles. Afterward, ask what they heard and explain the noises.

Water Limbo: Hold a pool noodle or hula hoop horizontally at a low height. Take turns going under it, lowering it gradually to add excitement.

ENTRY & EXIT TECHNIQUES

Review & Practice: Practice entries and exits learned in Lesson

Entry with PFD: Gradually lower your child into the water while wearing a PFD, encouraging them to feel the buoyancy and adjust to floating supportively.

BREATH CONTROL TECHNIQUES

Review & Practice: Getting Face Wet: Build on activities from Lesson 1, taking time to ensure comfort and enjoyment.

Introducing Breath Holding: Face your child and hold both hands. Lower your chin to touch the water and encourage them to imitate. Blow bubbles near their face and encourage them to copy. Gradually work toward them doing this independently.

FLOATING TECHNIQUES

Review & Practice: Front & Back Float (PFD): Reinforce movements from Lesson 1, encouraging exploration of kicking and paddling while floating.

Supported Front Float: Secure a pool noodle under your child's arms for support. Gently hold their upper arms to maintain balance. Use playful bubble sounds to make the experience enjoyable.

Supported Back Float: Place your child's head on your shoulder, cheek-to-cheek. Gradually remove your shoulder support, allowing their ears to submerge. Encourage them to maintain a T-shape with their arms and relax.

MOVEMENT TECHNIQUES

Front & Back Float (PFD): Encourage your child to move their arms and legs while floating in the PFD. Use cue words like *"Kick-Kick"* and *"Paddle-Paddle"* to guide their movements.

FUN STUFF

Songs

- If You're Happy and You Know It (Water Version): Modify lyrics for breath-holding and floating:
 - *If you're happy and you know it, blow some bubbles.*
 - *If you're happy and you know it, float on your back.*
- The Itsy Bitsy Spider - Use the *"down came the rain"* part to encourage dipping chins or blowing bubbles.

- Head, Shoulders, Knees, and Toes (Water Version): Add “*Chin and nose and bubbles in the water*” to encourage submersion.

Games

- Sponge Squeeze - Squeeze water from a sponge onto your child’s hands, arms, and face, encouraging them to do the same.
- Bubble Blowing Together - Face your child and blow bubbles into the water, encouraging them to mimic.
- Floating Toy Reach - Place a toy just out of reach during supported floats and encourage paddling and kicking toward it.
- PFD Paddle and Kick - Have your child wear a PFD and move toward a toy using “*Kick-Kick*” and “*Paddle-Paddle*” cues.
- Chin in the Water Game - Hold your child’s hands and encourage them to dip their chin in the water. Turn it into a game by counting how long they can hold it there.
- Back Float Starfish - While practicing a back float, encourage your child to spread their arms and legs like a starfish. Sing “*Twinkle, Twinkle, Little Star*” to help them relax.

NOTES FOR PARENTS

- Only progress to the next lesson once your child has mastered all items in this one.
- Use positive reinforcement and celebrate progress to build confidence.
- The next lesson focuses on introducing breath-holding and enhancing comfort in a PFD while reinforcing floating and movement skills, laying the groundwork for independence in the water.

SWIM TOTS: LESSON #3

LESSON PURPOSE

Improve your toddler's movement and independence while wearing a PFD, and gently introduce the steps to full submersion, building confidence and foundational skills in the water.

RECOMMENDED IN-WATER TIME

30 minutes – ensure rest breaks as needed for comfort and engagement.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Walk In & Walk Out
Breath Control	Swim Goggles, Submersion
Floating Techniques	Supported Front & Back Tows
Movement Techniques	Front & Back Swim (PFD)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodle, and PFD.

GETTING WET

Warm-Up Games

Water Limbo: Set up a pool noodle horizontally. Take turns ducking under it, lowering it gradually to increase the challenge.

Waterplay: Use small plastic buckets, cups, or watering cans to pour water over your toddler's arms, legs, and eventually their face, encouraging them to join in.

ENTRY & EXIT TECHNIQUES

Walk-In Entry (Beach/Shallow Step Pools): Hold your child's hand and walk into the water. Encourage them to use a handrail if available for support.

Walkout Exit: Face the pool steps or shallow entry and guide your child out of the water, holding both hands for balance and support.

BREATH CONTROL TECHNIQUES

Review & Practice: Reinforce “*Face Wet*” and “*Chin & Nose Submersion*” activities from previous lessons.

Introducing Swim Goggles: Select well-fitting, fun goggles.

- Start in shallow water or on a pool step, encouraging your child to look at your hands or feet underwater.
- Alternate time with and without goggles to prepare for unexpected falls.

Submersion: Hold your child face-to-face, and chin at water level. Blow bubbles and hum in the water, encouraging imitation. Use the cue “*One-Two-Three*” to submerge together briefly. Maintain eye contact and smile for reassurance. Limit to three repetitions per lesson to avoid overwhelming them.

FLOATING & GLIDING TECHNIQUES

Review & Practice: Reinforce skills from previous lessons for supported front and back floats with a PFD.

Supported Front Tow: Position your child on their stomach with their arms stretched forward. Support their chest and encourage horizontal body alignment. Use the cue “*Kick-Kick*” to guide leg movements as you walk backward slowly.

Supported Back Tow: Position your child on their back with arms in a T-shape or at their sides. Lightly support their head and upper shoulders to maintain body position. Encourage kicking with the cue “*Kick-Kick.*”

MOVEMENT TECHNIQUES

Front Swim with PFD: Practice front floating by supporting your chin to keep your face out of the water. Add “*Kick-Kick*” and “*Paddle-Paddle*” cues for movement. Encourage them to move toward a floating toy or object.

Back Swim with PFD: Practice back floating with hands out to the sides in a T-shape. Encourage them to kick and paddle toward a target, maintaining eye contact for reassurance.

FUN STUFF

Songs

- Row, Row, Row Your Boat" (Advanced Version): Sing while practicing front or back tows. Encourage your child to “row” with their arms and kick in rhythm with the song.
- Head, Shoulders, Knees, and Toes (Water Version): Modify lyrics to include water actions:
 - *Head and shoulders, chin in the water.*
 - *Knees and toes and blow some bubbles.*
- The Wheels on the Bus (Swimming Version): Add water-related actions:
 - *The baby in the pool goes kick, kick, kick.”*

Games

- Toy Swim and Retrieve: Place a floating toy out of reach. Encourage your child to paddle and kick toward it while wearing a PFD.
- Submersion Peek-a-Boo: Use the cue “*One-Two-Three*” to dip their face into the water and lift them back up with a smile.
- Back Float Starfish: Encourage your child to spread their arms and legs like a starfish while floating. Sing “*Twinkle, Twinkle, Little Star*” to create a calm environment.
- Kick and Paddle Relay: Set up a simple relay where your child swims toward a target using “*Kick-Kick*” and “*Paddle-Paddle*” cues.
- Goggle Exploration: Encourage your child to wear goggles and search underwater for objects like your hands or a toy.

NOTES FOR PARENTS

- Only progress to the next lesson once all skills are mastered.

SWIM TOTS: LESSON #4

LESSON PURPOSE

Introduce underwater movement skills, foster independence in shallow water, and develop essential self-rescue abilities for your toddler.

RECOMMENDED IN-WATER TIME

30 minutes – ensure plenty of rest breaks for comfort and engagement.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry (PFD) Back Float & Exit
Breath Control	Object Retrieval (Shallow), Underwater Passing
Floating Techniques	Back Float
Movement Techniques	Sit, Stand & Walk (Shallow Water)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, PFD, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities

Water Play: Use small plastic cups, pool noodles, or toys to encourage your toddler to explore splashing, reaching, and grasping movements in the water.

What's That Noise? Ask your toddler to put their ears in the water to listen for sounds (e.g., jets bubbling, kicking noises). When they come up, explain the noises to them to make the activity engaging.

ENTRY & EXIT TECHNIQUES

Entry (PFD) to Back Float and Exit: Lower into Water and use the cue *"One-Two-Three"* and gently lower your toddler into the water headfirst, allowing their face to briefly submerge.

- **Transition to Back Float:** Bring your child to the surface and guide them into a back float. Gradually encourage independent floating, extending the duration as their confidence grows.

Kick to Wall and Exit: Guide your child to kick toward the pool wall, dock, or steps. Help them turn, hold the edge, and climb out independently.

Repeat Without PFD: Practice the same sequence without the PFD once they are comfortable.

BREATH CONTROL TECHNIQUES

Object Retrieval (Shallow Water): Place small sinkable toys in waist-deep water. Encourage your toddler to hold their breath and reach for the objects. Support them as needed to help them right themselves if they lose balance.

Underwater Passing (With a Partner)

- **First Pass:** Stand side-by-side with your partner at arm's length. Use the cue *"One-Two-Three"* and pass your toddler between you at the water's surface.
- **Second Pass:** Repeat the process, this time fully submerging while passing your toddler.
- Limit to three repetitions per lesson to avoid overwhelming them.

FLOATING & GLIDING TECHNIQUES

Back Float: Position your toddler's head on your shoulder, cheek-to-cheek, with ears either fully out or fully submerged. Slowly remove your shoulder support to allow independent floating. Encourage them to look up and relax into the position, holding it for 5–10 seconds.

MOVEMENT TECHNIQUES

Sit, Stand and Walk (Shallow Water)

- **Sit and Stand:** Practice gentle sitting and standing motions in shallow water, focusing on controlled movements.

- Walking: Guide your toddler through shallow water, encouraging balance and coordination.

Fall and Recover: Let them experience controlled, minor falls and teach them how to recover balance independently.

FUN STUFF

Songs

- Under the Sea - Sing this song during underwater activities to make the submersion feel playful and exciting.
- Twinkle, Twinkle, Little Star - Use this soothing melody during back float practice, encouraging relaxation and comfort.
- Row, Row, Row Your Boat - Sing while guiding your toddler through sitting, standing, and walking activities to help them feel secure.

Games

- Treasure Hunt: Place small, brightly coloured toys in shallow water and encourage your toddler to retrieve them.
- Follow the Leader: Lead your toddler through a series of movements in shallow water, such as sitting, standing, and walking. Add simple challenges for variety.
- Rollover to Float: Practice falling into the water, rolling over to a back float, and kicking to the pool edge for self-rescue.
- Sit and Splash: Encourage your toddler to sit down, splash, and stand up again, making it interactive with toys.
- Submersion Peek-a-Boo: Play peek-a-boo while practicing underwater passing, reinforcing comfort with submersion.
- Balance and Walk: Guide your toddler through a shallow water course with obstacles like pool noodles to improve balance and coordination.

NOTES FOR PARENTS

- Progress Gradually: Ensure your toddler masters each skill before advancing.
- Positive Reinforcement: Celebrate small achievements to build confidence.
- **Safety First:** Always stay within arm's reach and keep the water depth appropriate for your child's height.
- The next lesson emphasizes independence, underwater movement, and essential self-rescue techniques, laying a strong foundation for water safety and swimming skills.

SWIM TOTS: LESSON #5

LESSON PURPOSE

Familiarize your toddler with essential skills for managing an unexpected fall into the water, focusing on self-rescue techniques and building confidence through supported swimming and floating exercises.

RECOMMENDED IN-WATER TIME: 30 minutes – include breaks for rest and fun.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Entry, Back Float
Breath Control	Bobbing
Floating Techniques	Rollover, Front to Back (PFD)
Movement Techniques	Supported Front & Back Swim

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, PFD, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities

Water Play: Incorporate reaching, grasping, sitting, standing, and walking in shallow water.

The Hokey Pokey (Song with Actions): Sing this playful song while encouraging your toddler to move in the water.

ENTRY & EXIT TECHNIQUES

Seated or Standing Entry, Back Float (PFD): Encourage Entry: Stand an arm's length away and use the cue "*One-Two-Three*" to guide your toddler into a forward fall into the water.

- **Transition to Float:** Assist your toddler into a back float position. Encourage Independence: Guide them to kick back to the wall or dock and climb out on their own.
- **Repeat and Progress:** Gradually increase the distance and reduce assistance over time.

BREATH CONTROL TECHNIQUES

Bobbing

- **Start with Bubbles:** Practice blowing bubbles at the surface to build comfort.
- **Submerge Together:** Use the cue "*One-Two-Three*" and fully submerge with your toddler, blowing bubbles underwater.
- **Build Endurance:** Encourage longer exhalations and maintain open eyes underwater for visibility.
- **Relaxation Between Bobs:** Ensure breaks between attempts to maintain confidence and comfort.

Object Retrieval (Waist-Deep): Place a sinkable object within reach while the toddler kneels or sits. Gradually increase the depth to encourage submersion to the

chin or nose. Allow the toddler to retrieve the object independently, reinforcing self-discovery.

FLOATING & GLIDING TECHNIQUES

Supported Rollover (PFD), Front to Back: Start on the Front: Support your toddler's chin while floating face down with a PFD.

- Facilitate Roll: Cross one leg and pull the opposite arm to guide the rollover.
- Encourage Independence: Praise and encourage relaxation in the back float position.
- Progression: Practice the sequence without a PFD once they are confident holding their breath.

MOVEMENT TECHNIQUES

Supported Front Swim (PFD): Place a pool noodle under your toddler's arms for support. Gently guide their arms and encourage kicking with the cue "*Kick-Kick.*" Walk backward, allowing free movement while providing light assistance.

Supported Back Swim (PFD): Position their head on your shoulder, cheek-to-cheek, and guide them into a back float. Encourage paddling and kicking to move through the water. Gradually increase the duration of independent floating and movement.

FUN STUFF

Songs

- If You're Happy and You Know It (Water Version): Modify the lyrics to encourage back floats and kicking movements.
- Twinkle, Twinkle, Little Star - Use this song to create a calming atmosphere during back floats, helping your toddler relax.
- Row, Row, Row Your Boat - Sing this while practicing supported front and back swims to build rhythm and coordination.

Games

- Fall-In and Float - Guide your toddler to fall forward into the water and transition into a back float. Encourage them to maintain the float and kick back to the wall.

- Treasure Dive - Place small toys in shallow water for retrieval, helping them build submersion and breath control skills.
- Bubble Blowing Challenge - Turn bobbing practice into a game, encouraging bubbles with each submersion.
- Rollover Race - Time how quickly your toddler can roll from front to back float and kick to the pool edge.
- Noodle Support Swim - Use a pool noodle to guide their movements, encouraging independent kicking and paddling.
- Peek-a-Boo Splash - Make submersion playful by combining it with peek-a-boo, reducing anxiety.

NOTES FOR PARENTS

- Progress Gradually: Ensure mastery of each skill before advancing.
- Positive Reinforcement: Celebrate achievements to build confidence.
- Safety First: Always stay within arm's reach and monitor water depth.
- The next lesson focuses on building foundational self-rescue and movement skills while promoting confidence and fun in the water.

SWIM TOTS: LESSON #6

LESSON PURPOSE

Build on self-rescue skills by reinforcing underwater passing techniques and introducing more independent swimming movements, focusing on improving your toddler's confidence and coordination in the water.

RECOMMENDED IN-WATER TIME: 30 minutes – include breaks for rest and fun.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Breath Control	Passing (with a partner)
Floating Techniques	Rollover, Front to Back (PFD)
Movement Techniques	Front Swim 3m, Back Swim 3m

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pool noodles, PFD, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Incorporate water play that involves reaching, grasping, sitting, standing, and walking. Use songs like "Row, Row, Row Your Boat" to set a playful tone for the session.

ENTRY & EXIT TECHNIQUES

Review and Practice

- **Entry to Back Float (PFD):** Stand an arm's length away and use the cue "*One-Two-Three*" to guide your toddler into a forward fall into the water. Assist them into a back float position while ensuring their comfort. Encourage them to kick back to the wall or dock and climb out independently. Gradually reduce assistance and increase the distance as they become more confident.

BREATH CONTROL TECHNIQUES

Review and Practice Bobbing: Build comfort. Encourage open eyes during submersion and focus on relaxation between attempts.

Front Passing (with a Partner)

- Stand facing your partner, holding your toddler cheek-to-cheek with both chins at water level.
- Use the cue "*One-Two-Three*" and fully submerge with your toddler.

- Pass them smoothly underwater to your partner, ensuring a controlled handoff.
- Repeat with your toddler swimming back, reinforcing comfort with submersion and trust in the process.

FLOATING & GLIDING TECHNIQUES

Supported Rollover (PFD), Front to Back: Begin with the toddler floating on their front while supporting their chin. Gently guide a leg and arm to facilitate the roll onto their back. Encourage them to relax in the back float position for 5-10 seconds. Gradually reduce assistance and guide them towards the pool exit.

MOVEMENT TECHNIQUES

Front Swim (3m): Lightly hold your toddler's upper arms to provide stability. Use the cue "*Kick-Kick*" to encourage kicking movements. Slowly guide them towards a floating toy or the pool edge.

Back Swim (3m): Position their head on your shoulder, cheek-to-cheek. Allow arms and legs to float freely, maintaining a flat position. Encourage kicking and paddling while walking backward to guide movement.

FUN STUFF

Songs

- Wheels on the Bus (Swimming Version) - Encourage actions like kicking and paddling with modified lyrics.
- Row, Row, Row Your Boat - Use this song during front and back swims for rhythm and coordination.
- Twinkle, Twinkle, Little Star - Create a calm environment during floating exercises, helping your toddler "shine like a star."

Games

- Pass the Baby" (Underwater Version) - Use the front passing technique to practice smooth underwater transitions with your partner.
- Float and Kick Relay - Set up a simple relay where your toddler kicks and paddles towards a floating toy, reinforcing movement skills.

- Noodle Rollover - Use a pool noodle to practice rolling from front to back floats, emphasizing self-rescue.
- Toy Swim and Retrieve - Encourage swimming toward a small toy, reinforcing front swim techniques and independence.
- Back Float Starfish - While floating on their back, encourage your toddler to spread their arms and legs, mimicking a starfish.
- Submersion Peek-a-Boo - Make submersion playful by submerging together and resurfacing with smiles.

NOTES FOR PARENTS

- Encourage Progression: Build independence by gradually reducing assistance.
- Celebrate Success: Use positive reinforcement to boost confidence.
- **Safety First:** Always stay within arm's reach and monitor water depth.
- The next lesson focuses on advancing self-rescue, building submersion comfort, and reinforcing independent swimming skills in a fun, supportive environment.

SWIM TOTS: LESSON #7

LESSON PURPOSE

Promote continued improvement in independent movement and breath control, reinforcing previously learned skills while introducing advanced techniques for water safety and self-rescue.

RECOMMENDED IN-WATER TIME: 30-45 minutes – include breaks for rest and fun.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Fall-In Entry, Rollover, Back Float
Breath Control	Bobbing 3x
Floating Techniques	Vertical Float
Movement Techniques	Continuous Activity: Entry, Rollover, Back Float

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, PFD, pool noodles, flutter board, and small, brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Start with water play using buckets and watering cans. Sing songs with actions like "Row, Row, Row Your Boat" to make submersion playful.

ENTRY & EXIT TECHNIQUES

Fall-in Entry - Rollover and Float: Position yourself an arm's length away from the pool wall or dock. Use the cue "*One-Two-Three*" to guide your toddler to fall forward into the water independently. Assist them into a back float, holding the position for a count of 10. Guide them to kick and paddle back to the wall or dock and climb out. Gradually reduce assistance to build confidence.

BREATH CONTROL TECHNIQUES

Bobbing 3x: Submerge together using the cue "*One-Two-Three*", focusing on blowing bubbles underwater. Encourage open eyes during submersion for visibility and comfort. Gradually connect multiple bobs with a breath in between.

Object Recovery: Use shallow or waist-deep water. Place a sinkable toy just out of reach. Encourage your toddler to submerge their face and retrieve the toy, emphasizing gentle, controlled movement.

Passing with a Partner: Stand facing your partner, holding your toddler cheek-to-cheek with chins at water level. Submerge together using the cue *"One-Two-Three"* and pass them smoothly to the other adult. Repeat, reinforcing trust and comfort with underwater movements.

FLOATING & GLIDING TECHNIQUES

Vertical Float: Choose a depth where your child can comfortably stand. Position yourself cheek-to-cheek with their face, supporting their chin as they lift off the bottom. Guide their arms into a T-shape for balance. Gradually reduce support, encouraging independent buoyancy for 3-5 seconds.

Transition to Back Float: Gently lift their chin to guide them onto their back. Encourage them to relax in the back float for 5-10 seconds. Assist them in kicking and paddling to the exit point.

MOVEMENT TECHNIQUES

Front Swim (3m): Lightly hold your toddler's upper arms for support. Use the cue *"Kick-Kick"* to encourage leg movement. Gradually reduce support, letting them propel themselves toward a floating toy or the pool edge.

Back Swim (3m): Position their head on your shoulder, cheek-to-cheek. Guide them to float with arms in a T-shape, encouraging relaxed movement. Support gentle kicking and paddling, gradually reducing assistance.

CONTINUOUS ACTIVITY: Perform a fall-in entry with a PFD. Guide them to roll over into a back float or transition from a vertical float to a back float. Encourage kicking and paddling to the exit. Support them in climbing out of the water.

FUN STUFF

Songs

- If You're Happy and You Know It (Water Version) - Include actions like blowing bubbles or floating on their back.
- Wheels on the Bus (Swimming Version) - Promote movements like kicking and floating with playful lyrics.
- Twinkle, Twinkle, Little Star – Sing during floating exercises to create a calming environment.

Games

- Rollover Relay - Start in a front float and roll over to a back float. Make it a "race" to the edge by kicking and paddling.
- Bubble Bobbing - Count how many bubbles they can blow during bobbing practice.
- Vertical Float Star - Practice vertical floating with arms in a T-shape, mimicking a star while singing a favourite song.
- Toy Dive and Retrieve - Place toys at varying depths for them to retrieve, starting shallow and progressing deeper.
- Kick and Paddle Race - Encourage kicking and paddling from one side of the pool to the other, using the skills learned.
- Water Limbo- Use a pool noodle for your toddler to duck under while floating on their back or practicing vertical floats.

NOTES FOR PARENTS

- Encourage Independence: Gradually reduce assistance as they gain confidence.
- Monitor Comfort: Ensure your toddler feels safe and supported.

SWIM TOTS: LESSON #8

LESSON PURPOSE

Enhance independent movement and breath control while introducing new techniques for gliding, changing direction, and exiting the water, reinforcing confidence and self-rescue skills.

RECOMMENDED IN-WATER TIME: 30-45 minutes – include breaks for rest and fun.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Breath Control	Front Pass to Exit
Floating & Gliding	Front Glide and Kick
Movement Techniques	Continuous Activity: Entry, Change Direction, and Return to Exit

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, PFD, pool noodles, flutter board, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Begin with water play using buckets and watering cans. Use action songs like *"Row, Row, Row Your Boat"* to engage your toddler and prepare for submersion.

ENTRY & EXIT TECHNIQUES

Review and Practice

- **Fall-in Entry - Rollover and Float:** Stand an arm's length away from the pool wall or dock. Use the cue *"One-Two-Three"* to encourage your child to fall forward into the water independently. Assist them into a back float, holding the position for a count of 10. Guide them to kick and paddle back to the wall or dock and climb out. Gradually reduce assistance to encourage independence.

BREATH CONTROL TECHNIQUES

Front Pass to Exit

- **First Pass:** Parent and partner stand facing each other, with the parent's back to the poolside or shallow exit. Hold your toddler cheek-to-cheek, with chins at water level. Use the cue *"One-Two-Three"* to fully submerge and pass the toddler smoothly to the partner.

- **Second Pass:** The parent stands an arm's length from the exit. Submerge together on "*One-Two-Three*" and pass the toddler to the exit. Encourage them to crawl or climb out independently. Gradually extend the pass distance over time.

Review & Practice

- Object recovery (waist deep).
- Passing with a partner.
- Bobbing 3x with a focus on exhaling underwater and connecting bobs with a breath in between.

FLOATING & GLIDING TECHNIQUES

Front Glide and Kick: Place a toy on the deck or step, slightly out of reach. Hold your toddler in a football hold, cheek-to-cheek, with one hand stretching their arms forward. Push them toward the toy, assisting them to grab it. Encourage them to climb out to retrieve the toy.

- **Progression:** Gradually extend the glide distance to 3-5 ft, allowing one breath between glides. Use the cue "*Kick-Kick*" to encourage movement. Over time, aim for an independent glide with minimal assistance.

Vertical Float to Back Float Transition: Position your toddler in a vertical float with arms extended in a T-shape. Gradually transition them onto their back by lifting their chin gently. Encourage them to relax and float for 5-10 seconds. Guide them to kick and paddle toward the exit.

MOVEMENT TECHNIQUES

CONTINUOUS ACTIVITY: Begin with a fall-in entry while wearing a PFD. Guide them to roll over into a back float or transition from a vertical float to a back float. Encourage kicking and paddling back to the exit point. Support them in climbing out of the water independently.

FUN STUFF

Songs

- Row, Row, Row Your Boat (Advanced Version): - Practice front glides and front passes with actions mimicking rowing and kicking.

- If You're Happy and You Know It (Water Version) - Include actions like kicking legs and floating on their back.
- The Wheels on the Bus (Swimming Version) - Reinforce swimming movements like gliding and paddling.

Games

- Glide to the Toy - Encourage front glides toward a toy placed on the pool deck, reinforcing movement toward an exit.
- Rollover Relay - Start with a fall-in entry, roll over to a back float, and kick to the edge in a "race" format.
- Bubble Bobbing Challenge - Count how many bubbles your toddler can blow during bobbing practice.
- Vertical Float Star - Practice vertical floating with extended arms while singing *"Twinkle, Twinkle, Little Star."*
- Pass and Exit - Practice the front pass to exit with a partner, focusing on submersion, independent exits, and building trust.
- Kick and Glide Race - Set up a simple race using front glides and kicks to reinforce independent swimming.

NOTES FOR PARENTS

- Encourage Independence: Gradually reduce assistance as your toddler gains confidence.
- Reinforce Skills: Practice earlier techniques to ensure retention and comfort.
- Celebrate Progress: Use positive reinforcement to build enthusiasm for learning.

SWIM TOTS: LESSON #9

LESSON PURPOSE

To enhance self-rescue skills, refine independent movement, and introduce the frog kick, build confidence, coordination, and water safety.

RECOMMENDED IN-WATER TIME: 30-45 minutes – include rest and play breaks.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit	Fall-In Entry - Rollover and Float:
Breath Control	Front Pass to Exit
Floating & Gliding	Front Glide and Kick
Movement Techniques	Frog Kick

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, PFD, pool noodles, flutter board, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Begin with water play using buckets and watering cans. Use action songs like *"Five Little Speckled Frogs"* to engage your toddler and prepare for new skills.

ENTRY & EXIT TECHNIQUES

Fall-In Entry - Rollover and Float: Stand an arm's length away from the pool wall or dock. Use the cue *"One-Two-Three"* to encourage your child to fall forward independently. Assist them into a back float, extending the float to the count of 10. Guide them to kick and paddle back to the wall or dock and climb out independently. Gradually reduce assistance to encourage independence.

BREATH CONTROL TECHNIQUES

Front Pass to Exit

- **First Pass:** Parent and partner stand facing each other with the parent's back to the poolside or exit. Hold the toddler cheek-to-cheek, with chins at water level. Use the cue *"One-Two-Three"* to fully submerge and pass the toddler smoothly to the partner.
- **Second Pass:** The parent stands an arm's length from the exit. Submerge together on *"One-Two-Three"* and pass the toddler to the exit. Encourage them to crawl or climb out independently. Gradually extend the pass distance over time.

Review & Practice

- Object recovery (waist deep).
- Bobbing 3x with a focus on exhaling underwater and connecting bobs with a breath in between.

FLOATING & GLIDING TECHNIQUES

Front Glide and Kick: Place a toy on the deck, dock, or step, slightly out of reach. Hold your toddler in a football hold, cheek-to-cheek, with one hand stretching their arms forward. Push them toward the toy, assisting them to grab it. Encourage them to climb out to retrieve the toy.

- **Progression:** Gradually extend the glide distance to 3-5 ft, allowing one breath between glides. Use the cue *"Kick-Kick"* to encourage movement. Aim for an independent glide with minimal assistance.

MOVEMENT TECHNIQUES

Introducing the Frog Kick

- **Dry Practice:** Have your child sit on the pool edge or dock and demonstrate the motion. Bend knees and bring feet inward, push legs outward in a circular motion, snapping heels together.
- **In-Water Practice:** Hold onto a pool noodle for support while practicing the kick. Focus on bending knees, bringing heels to the bottom, and snapping legs together. Gradually increase practice duration as confidence grows. Encourage Short Bursts: Provide gentle corrections and positive feedback.

FUN STUFF

Songs

- Five Little Speckled Frogs - Practice frog kicks while singing about frogs. Encourage playful movements and mimic the lyrics.
- Row, Row, Row Your Boat - Reinforce gliding and kicking with rhythmic movements.
- The Wheels on the Bus (Swimming Version) - Add actions like gliding and paddling to the lyrics.

Games

- Frog Kick Relay - Practice frog kicks with a noodle or flutter board over short distances, gradually increasing as confidence grows.
- Pass and Exit Race - Combine the front pass with a race to climb out of the pool independently.
- Glide and Kick - Place a floating toy just out of reach and encourage your toddler to perform a front glide and kick toward it.
- Frog Leap to the Exit - Use the frog kick to "leap" towards the exit after pushing off the pool wall.
- Float Like a Star - Practice vertical and back floats while encouraging extended arms and legs.

NOTES FOR PARENTS

- Encourage Independence: Gradually reduce assistance.
- Celebrate Progress: Use praise to reinforce confidence.
- Stay Patient: Allow your child to develop new skills at their own pace.
- The next lesson builds on previous techniques and more advanced independent movement, ensuring a solid foundation for confident swimming and self-rescue.

SWIM TOTS: LESSON #10

LESSON PURPOSE

To reinforce and consolidate essential self-rescue skills, independent movement, and breath control while introducing advanced techniques for greater water confidence and safety.

RECOMMENDED IN-WATER TIME: 30-45 minutes – include rest and play breaks.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Breath Control	Object Retrieval (Chest-Deep)
Movement Techniques	Continuous Activity: Entry, Rollover, Back Float, Change Direction & Exit

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, PFD, pool noodles, flutter board, and brightly coloured sinkable toys.

GETTING WET

Warm-Up Activities: Begin with water play using buckets and watering cans. Incorporate action songs like *"Row, Row, Row Your Boat"* to set a positive tone and prepare for the lesson.

ENTRY & EXIT TECHNIQUES

Fall-In Entry - Rollover, Back Float: Begin with your toddler seated or standing at the pool edge or dock. Use the cue *"One-Two-Three"* to encourage a fall-in entry. Assist them in rolling over to a back float, maintaining buoyancy for 10 seconds. Guide them to kick and paddle back to the wall or dock and climb out independently. Progression: Reduce assistance over time, promoting confidence and independence.

BREATH CONTROL TECHNIQUES

Front Pass to Exit: Parent and partner stand facing each other, with the parent's back to the exit. Use the cue *"One-Two-Three"* to submerge and pass the toddler to

the partner. Gradually increase the passing distance as the toddler builds confidence. Encourage the toddler to crawl or climb out of the water independently.

Object Retrieval (Chest-Deep): Place sinkable toys in chest-deep water for your toddler to retrieve. Encourage them to hold their breath and submerge to pick up the object. Gradually extend the reach and depth to build confidence and skill.

FLOATING & GLIDING TECHNIQUES

Review & Practice

- Back float
- Vertical float
- Front float
- Front glide and kick

Continuous Activity: Entry, Rollover, Back Float, Change Direction, & Exit

- Entry: Begin with a fall-in entry, with or without a PFD.
- Rollover: Guide your toddler to roll from their front to a back float.
- Back Float / Vertical Float: Maintain buoyancy for 5-10 seconds.
- Change Direction: Encourage them to turn and face the exit.
- Kick & Paddle: Support them to kick and paddle toward the exit.
- Exit: Assist or encourage independent climbing out of the water.

MOVEMENT TECHNIQUES

Review and Practice

Frog Kick: Use a pool noodle or flutter board for in-water practice.

- Progress to using the kick for 3-5m on the back, while using a pool noodle or flutter board.

FUN STUFF

Songs

- Twinkle, Twinkle, Little Star - Sing while practicing back floats or vertical floats, encouraging your toddler to "shine like a star."
- The Wheels on the Bus" (Swimming Version) - Modify lyrics to promote swimming skills:
 - The baby in the pool goes kick, kick, kick
 - The arms in the pool go splash, splash, splash.
- Row, Row, Row Your Boat- Use while practicing glides and kicks for rhythmic movement.

Games

- Rescue Relay - Create a sequence where your toddler falls in, rolls over, floats, kicks to the exit, and climbs out.
- Glide and Retrieve - Place toys at varying distances for your toddler to glide towards, retrieve, and return.
- Frog Kick Challenge - Focus on frog kicks using a noodle or flutter board. Encourage them to "leap" like a frog.
- Treasure Dive - Place toys at the bottom of the shallow pool for your toddler to retrieve using breath control and submersion.
- Float and Kick Race - Encourage your toddler to maintain a back float while kicking toward the other side of the pool.

NOTES FOR PARENTS

- Encourage Independence: Gradually reduce assistance to build confidence.
- Keep It Fun: Celebrate each small success to reinforce learning and enjoyment.
- Focuses on consolidating skills ensuring your toddler continues their journey toward water safety and swimming independence.

LITTLE SWIMMERS

LESSONS 1-12

FOR CHILDREN NEW TO SWIMMING

AGED 5–7 YEARS

LITTLE SWIMMERS: LESSON #1

LESSON PURPOSE

To gently introduce your child to the water, create a comfortable and positive environment that builds their confidence and basic water skills.

RECOMMENDED IN-WATER TIME

20-30 minutes – gradually increase the in-water time to a maximum of 30 minutes.

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Seated entry, walk-in entry, climb-in & out
Breath Control Techniques	Swim goggles, breath holding, submersion, object recovery (shallow)
Floating & Gliding Techniques	PFDS, back & front float in a PFD

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, and PFD.

GETTING WET

Warm-up activities

- **Sink or float experiment:** Before the lesson, test floating and sinking objects to build curiosity. Repeat the experiment during the lesson.
- **Splash and Kick:** Sit your child on the pool steps or shallow water and encourage them to splash themselves and you.
- **Songs For Acclimation:** Use action songs like *the hokey pokey* or *ring around the rosie* in waist-deep water to make getting wet enjoyable.

Safety Note: teach children to recover balance from falls by holding their hand and encouraging them to right themselves independently.

ENTRY & EXIT TECHNIQUES

- **Seated entry (poolside & docks);** Sit beside your child, ensuring they are stable. Slip into the water first while maintaining eye contact. Lift your child gently into the water.
- **Walk-in entry (beach & shallow step pools):** Hold your child's hand and walk into the water together. Encourage the use of a handrail if available.
- **Climb-in & Climb-out**
 - **Climb-in:** Face the ladder or steps. Descend first, then assist your child in climbing down safely.
 - **Climb-out:** From the water, encourage your child to hold the wall, dock, or steps and climb out.

BREATH CONTROL TECHNIQUES

Introducing Swim Goggles: Use fun goggles that fit well, alternating between goggle use and natural swimming to prepare for unexpected falls. Encourage your child to look underwater for objects like your hands or feet.

Introducing breath holding: Face each other, hold hands, and lower your chins to touch the water together. Blow bubbles and encourage imitation. Progress gradually, Use "*one-two-three*" to coordinate chin dips, followed by submersion to the mouth and nose level. Encourage them to hold their breath for 1-5 seconds as comfort increases.

Object recovery in shallow water: Place a small object on a submerged weighted plastic chair. Encourage your child to retrieve it independently. Gradually reduce assistance, promoting self-discovery and independence.

FLOATING & GLIDING TECHNIQUES

PFDS

- **Fitting:** ensure the PFD fits snugly and comfortably with secure straps. Gradually introduce floating in the PFD. Start with a back float, allowing them to relax. Transition to a front float, supporting their chin to keep their face out of the water.

Introducing Back Float (PFD): Hold your child's head on your shoulder. Position your face cheek-to-cheek and provide a toy for comfort. Gradually release shoulder support as they relax into floating.

Introducing Front Float (PFD): Hold your child securely in a football hold or stand facing them for eye contact. Encourage kicking and paddling motions using cue words like *kick-kick* and *paddle-paddle*.

FUN STUFF

Songs

- The Hokey Pokey - Purpose: introduces body parts to the water in a playful way.
- Perform in waist-deep water, splashing each body part as mentioned in the song.
- Wheels On The Bus - Encourages actions like splashing and arm circles. Adapt lyrics to mimic swimming movements.
- Ring Around The Rosie - Helps children acclimate to submersion. Sing and gently guide them to dip at "we all fall down."

Games

- Sink Or Float - Use familiar objects to predict sinking or floating. Build curiosity and comfort.
- Duck Rescue - Place a rubber duck in shallow water and encourage your child to walk or wade to retrieve it.
- Splash And Kick - Encourage your child to kick their legs while seated on the pool steps.
- Cup Pouring - Use a cup to gently pour water over your child's hands, arms, and head. Gradually encourage them to pour it themselves.

NOTES FOR PARENTS

- Be patient and encouraging. Progress at your child's pace to build confidence.

- Celebrate successes, no matter how small, to make learning fun.
- Safety First: always maintain close supervision and ensure water depth is appropriate for your child.

Progress to lesson 2 only when all items in this lesson are mastered.

LITTLE SWIMMERS: LESSON #2

LESSON PURPOSE

To enhance your child's comfort and independence in the water by practicing breath control, improving their skills with a personal flotation device (PFD), and introducing foundational swimming techniques.

RECOMMENDED IN-WATER TIME: 30 MINUTES

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Jump (waist-deep), entry (PFD), back float (chest-deep)
Breath Control Techniques	Bobbing, object recovery (waist-deep)
Floating & Gliding Techniques	Supported front & back float
Movement Techniques	Flutter kick

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cup, pfd, hula hoop, pool noodle, or flutter board.

Getting Wet

Games For Acclimation

What's that noise? Have your child put their ears underwater and listen for sounds (jets, bubbles, splashes). When they come up, ask them what they heard. Repeat this activity for fun exploration.

Water limbo: Hold a hula hoop or pool noodle horizontally at a low height and have your child move under it. Gradually lower the height to increase the challenge.

ENTRY & EXIT TECHNIQUES

Fall-in Entry (seated or standing): Use the cue, "*one-two-three*," then lower your child headfirst into the water, allowing their chin to touch it. Gradually progress toward independent fall-in entries with full submersion.

Jump into waist-deep water: Hold your child's hand and encourage them to jump forward, feet first. Use the cue "*one-two-three*" and gently tug on their hand to promote the jump. Allow for full submersion before recovery and provide lots of praise.

Entry With PFD and Back Float (Chest-Deep Water): Use walk-in, fall-in, seated, or jump-in entries with a PFD. Assist them into a back float and gradually increase the duration from 5 to 30 seconds as they become more confident.

BREATH CONTROL TECHNIQUES

Object Recovery (Waist-Deep): Place a sinkable object in water deep enough that the child must stand. Hold one hand for balance and encourage them to submerge their face to retrieve the object.

Introducing Bobbing: Start with reviewing blowing bubbles at the surface to practice exhaling into the water. Use the cue "*one-two-three*" to fully submerge and blow bubbles underwater. Encourage open eyes during submersion to improve underwater visibility. Focus on exhaling longer than inhaling, which is essential for breath control.

Repeat **Bobbing 3x**, allowing rest between each.

FLOATING & GLIDING TECHNIQUES

Supported Back Float: Hold your child in chest-deep water with their head resting on your shoulder. Encourage them to relax and float on the surface. Gradually reduce your support until they float independently.

Supported Front Float: Have your child hold onto a noodle or flutter board, supporting their chin while floating. Use the cue *"kick-kick"* to encourage flutter kicks. Gradually allow them to practice balance and recovery independently.

MOVEMENT TECHNIQUES

The Flutter Kick: Begin outside the pool by sitting on a wall or step and demonstrating the flutter kick. Use the cue *"kick-kick"* to reinforce the movement. Encourage kicking while holding onto a noodle or flutter board.

FUN STUFF

Songs

- Bubbles, Bubbles - Reinforces breath control and bubble-blowing. Sing while your child practices blowing bubbles underwater.
- Five Little Ducks- Helps with bobbing and submersion. Have your child imitate the ducks going underwater at *"far away."*
- Head, Shoulders, Knees, And Toes - Introduces different body parts to the water. Perform the song while floating in the water.
- If You're Happy And You Know It - Encourages splashing and leg action. Change lyrics to include actions like *"splash your hands"* or *"kick your legs."*

Games

- Bob The Builder - Reinforces bobbing and breath control. Encourage *"building"* a wall of bubbles by exhaling underwater during bobs.
- Kick The Ball - Encourages flutter kick technique. Place a small ball in the water and have your child kick towards it.
- Sink Or Float (Advanced) - Enhances object recovery skills. Place objects that sink and float in waist-deep water. Have your child predict the outcomes and retrieve sinking items.
- Water Limbo - Helps with submersion and underwater movement. Have your child move under a pool noodle or hoop. Lower it gradually to increase difficulty.

NOTES FOR PARENTS

- **Patience and positivity:** progress at your child's pace, celebrating even small milestones.
- **Safety First:** always remain within arm's reach and ensure water depth is appropriate for their height.
- Only progress to the next lesson when all items in this lesson are mastered.

LITTLE SWIMMERS: LESSON #3

LESSON PURPOSE

To enhance your child's movement and independence in the water while wearing a PFD and to introduce the foundational steps for full submersion and underwater movement.

RECOMMENDED IN-WATER TIME: 30 MINUTES

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Entry (chest-deep), supported back float & exit
Breath Control Techniques	Bobbing 3x, underwater movement (with a partner)
Floating & Gliding Techniques	Supported front & back tow
Movement Techniques	Sit, stand & walk (shallow)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, and PFD.

GETTING WET

Warm-Up Activities

- **Talking To The Fish:** Blow bubbles in the water to “talk” to pretend fish. Encourage your child to blow bubbles and then put their ear in the water to “listen” for a response. Demonstrate by submerging your face, blowing bubbles, and coming up with a smile to reassure them it’s fun.
- **Use Songs & Games:** Incorporate songs like *“row, row, row your boat”* or *“the fish in the sea”* to make the warm-up fun and engaging.

ENTRY & EXIT TECHNIQUES

- **Supported Entry & Back Float:** Use A Walk-In, Fall-In (Seated Or Standing), Or Jump-In Entry Technique. Assist Your Child In Transitioning To A Back Float. Gradually Reduce Support Until They Can Maintain The Float Independently For 5–30 Seconds. Encourage Them To Kick Their Legs To Move Toward The Pool Wall, Dock, Or Steps, And Assist Them In Climbing Out.
- **Walk-in Entry (Beach Or Shallow Pools):** Hold Your Child’s Hand As They Walk Into The Water, Ensuring They Maintain Balance. Use Any Available Handrails For Support.
- **Independent Exit:** Guide Your Child To Climb Out Independently By Hanging On The Wall, Dock, Or Step.

BREATH CONTROL TECHNIQUES

Review & Practice

- **Breath Holding & Submersion:** encourage gradual submersion, progressing from chin level to full submersion.
- **Object Recovery (Shallow & Waist-Deep):** place two objects on the bottom in waist-deep water and encourage your child to retrieve both objects in one breath.

- **Bobbing 3x:** practice submerging with the cue *"one-two-three."* focus on blowing bubbles underwater and connecting bobs with a breath in between.

Underwater movement (with a partner)

- **First pass:** submerge with your child and pass them gently to your partner at the water's surface.
- **Second pass:** repeat the pass, fully submerging all three participants.
- Gradually increase submersion time as your child becomes more comfortable.

FLOATING & GLIDING TECHNIQUES

- **Supported Front Tow:** Have your child lie on their stomach with arms stretched forward. Support their chest and encourage a horizontal position with free-floating legs. Walk backward smoothly, encouraging them to kick with the cue *"kick-kick."*
- **Supported Back Tow:** Position your child in a back float with arms in a t-shape for balance. Gently support their head and shoulders, maintaining a flat body position near the water's surface. Walk backward, guiding them through the water with steady movements and encouraging them to kick.

MOVEMENT TECHNIQUES

- **Sit, Stand & Walk (Shallow Water)**
- **Sit and stand:** practice gentle sitting and standing motions to teach your child to control their movements in water.
- **Walk:** guide them through shallow water, focusing on balance and coordination.
- **Fall and recover:** allow small, supervised falls to teach them how to regain balance and stand up independently.

FUN STUFF

Songs

- Row, Row, Row Your Boat - Encourages movement during supported tows.

- The Fish In The Sea (to the tune of "*the wheels on the bus*") - Reinforces water actions like bobbing and kicking. Sing adapted lyrics like, "*The Fish In The Sea Go Bob, Bob, Bob*" and have your child mimic the actions.
- Twinkle, Twinkle, Little Star - Encourages relaxation during floating. Sing softly while your child floats on their back.
- Under The Sea (From *The Little Mermaid*) - Adds fun to underwater movement. Pretend to be sea creatures during underwater activities.

Games

- Talking to the Fish - Encourages breath control and bubble-blowing. Have your child blow bubbles and listen for "fish" responses underwater.
- Water Limbo - Develops balance and confidence with submersion. Lower a pool noodle gradually, encouraging your child to duck under.
- Kick-Kick Parade - Reinforces flutter kick technique. Place floating toys in a line and have your child kick to move them along.
- Catch the Toy - Improves object recovery and underwater movement. Submerge a toy and encourage your child to "catch" it.
- Balance and Recovery - Builds confidence in recovering from falls. Practice gentle falls and standing back up independently in shallow water.

NOTES FOR PARENTS

- **Progress at your child's pace:** celebrate even small successes and avoid rushing new skills.
- **Safety First:** stay within arm's reach at all times. Ensure water depth is safe for their height.
- **Reinforce confidence:** provide positive feedback and encouragement.
- Only progress to the next lesson when all items in this current lesson are mastered.

LITTLE SWIMMERS: LESSON #4

LESSON PURPOSE

To equip your child with essential skills for managing an unexpected fall into the water while improving their confidence and independence in floating, gliding, and basic swimming techniques.

RECOMMENDED IN-WATER TIME: 30 minutes

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Jump-in entry (PFD), back float & exit
Breath Control Techniques	Bobbing 5x, object recovery (chest-deep)
Floating & Gliding Techniques	Assisted rollover (front to back float), supported front glides with kick (3m)
Movement Techniques	Frog kick supported front & back swim.

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, and PFD.

GETTING WET

Warm-up Activities

Water play: Encourage sitting, standing, and walking in the water to get your child comfortable. Use cups, watering cans, or teapots for pouring water gently over their head and face.

Talking to the Fish - Blow bubbles in the water to “talk” to pretend fish, then have your child put their ear in the water to “listen” for a response.

Incorporate Songs - Use songs like *"Five Little Frogs"* or *"Twinkle, Twinkle, Little Star"* to create a playful environment.

ENTRY & EXIT TECHNIQUES

Jump-In Entry (PFD) And Back Float: Stand at least an arm's length away from the wall or dock. Use the cue *"one-two-three"* to encourage your child to jump into the water. Support them in transitioning to a back float and maintaining it for 3 seconds. Guide them to kick and paddle back to the entry point, then climb out independently.

Repeat without PFD: Once comfortable, practice the jump-in entry, back float, and exit sequence without the PFD.

BREATH CONTROL TECHNIQUES

Review & Practice

- **Bobbing 5x:** Encourage full submersion, exhaling underwater, and controlled recovery to standing.

Object Recovery (Chest-Deep): Place multiple sinking toys in a line or create an obstacle course. Encourage retrieving more than one object in one breath.

Underwater Movement With A Partner: Stand beside your child and face a partner. Use a simple cue like *"one-two-three"* and pass your child between you and your partner while submerging fully. Gradually increase submersion time as they grow confident.

FLOATING & GLIDING TECHNIQUES

Assisted Rollover (Front to Back Float) With PFD: Begin in a front float position. To roll them to their back, cross one leg and gently guide their far arm across their body. Encourage independent floating for 5-10 seconds before assisting them to exit.

Repeat without PFD: Practice the rollover sequence again without the PFD once comfortable.

Front Float: Use a pool noodle or flutter board for support.: Encourage your child to float freely, blowing bubbles for fun. Gradually extend float time from 5 to 30 seconds.

Supported Front Glide With Kick (3-5m): Start with a noodle or flutter board for support. Encourage a streamlined body position with pointed toes. Practice pushing off from the wall or bottom and gliding toward you.

Supported back glide with kick (3-5m): Support their back with a noodle or flutter board. Maintain a nearly horizontal position with relaxed knees and pointed toes. Gradually increase the distance as confidence grows.

Movement Techniques

Frog Kick: Teach the frog kick while sitting on the pool edge. Show them how to bend their knees, bring their feet inward, and push out in a circular motion. Practice in the water using a noodle or flutter board for stability. Focus on short, fun bursts of practice with lots of positive reinforcement.

Supported Front Swim (PFD): Support their chin while floating freely in a PFD. Encourage movement with the cues *"kick-kick"* and *"paddle-paddle."*

Supported back swim (PFD): Practice floating in a PFD while encouraging kicking and paddling. Use the t-shape position for balance.

FUN STUFF

Songs

- Five Little Frogs- Encourages the frog kick. Mimic frog movements as you sing
- Twinkle, Twinkle, Little Star- Encourages relaxation during floating exercises. Sing softly while practicing back floats.
- Splish Splash - Promotes playful water movement. Sing the song while your child practices splashing and kicking.

Games

- Frog Jump Relay - Reinforces frog kick technique. Have your child “hop” from one marker to another using their frog kick.
- Underwater Treasure Hunt - Builds confidence in submersion. Scatter sinkable toys in chest-deep water and encourage retrieval.
- Bubble Blowing Contest - Enhances breath control. See who can blow the biggest bubbles underwater.
- Glide And Seek - Encourages gliding. Place toys at the end of a glide path and have them push off to retrieve them.

- Floating Parade - Builds confidence in floating. Practice front or back floating while moving through the water in a “parade.”

NOTES FOR PARENTS

- **Progress at their pace:** celebrate small successes. Build confidence gradually.
- **Safety First:** stay within arm’s reach and ensure the water depth is appropriate for your child.
- Only progress to the next lesson when all items in this current lesson are mastered.

LITTLE SWIMMERS LESSON #5

LESSON PURPOSE

To further develop your child's independent movement and breath control in the water while reinforcing foundational skills through practice and progression.

RECOMMENDED IN-WATER TIME: 30-45 minutes

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Entry back float (PFD), sideways entry (PFD) to back float
Breath Control Techniques	Underwater movement to exit, bobs 3-5x
Floating & Gliding Techniques	Vertical float, front glide
Movement Techniques	Surface support, front swim (3m)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, and PFD.

GETTING WET

Warm-Up Activities

Water Play: Use cups, watering cans, and teapots to pour water over your child's arms, head, and face, encouraging comfort with water contact.

Incorporate Songs: Use songs like *"Wheels On The Bus"* and *"Ten Little Fishies"* to create a playful environment.

ENTRY & EXIT TECHNIQUES

Jump Entry, Back Float (PFD): Stand an arm's length away from the pool wall or dock. Use the cue *"one-two-three"* to encourage your child to jump into deep water wearing a PFD. Guide them into a back float position and encourage independent floating for 5-10 seconds. Assist them in kicking or paddling to the exit point and climbing out independently.

Sideways Entry, Back Float (PDF): From a seated position, encourage your child to hug their knees and fall sideways into the water. Guide them into a back float position for 5-10 seconds. Assist them in kicking or paddling to the exit and climbing out independently.

Forward Entry, Recover In Chest-Deep Water: Stand an arm's length away from the wall or dock. Use the cue *"one-two-three"* for your child to jump into the water, allowing for full submersion. Help them recover to a standing position, then guide them to the entry point.

Breath Control Techniques

Bobbing 5x: Focus on controlled exhalation underwater, encouraging bubbles. Practice total submersion and independent recovery to a standing position.

Underwater Movement To Exit

- First pass: Stand facing a partner with your back toward the exit. Have your partner submerge with the child and gently pass them to you while submerged.

- Second pass: Stand an arm's length from the exit and guide your child underwater toward the stairs, ladder, or beach exit. Encourage independent climbing to build confidence and skill.

FLOATING & GLIDING TECHNIQUES

Vertical Float: Begin with supported floating using a noodle. Transition to treading water by practicing sculling and kicking. Gradually increase time unsupported as confidence improves.

Front Glide: Begin by standing 3 meters away in chest-deep water. Have your child push off and glide toward you, maintaining a horizontal position with pointed toes. Gradually extend the distance to 5 meters.

Back Float: Begin by supporting your child's head on your shoulder. Encourage independence by slowly removing support.

MOVEMENT TECHNIQUES

Surface Support (15 Seconds): Practice treading water using a sculling motion with alternating kicks. Start with a pool noodle for support, transitioning to unsupported treading.

Front Swim (3m): Begin in chest-deep water, starting with a front glide. Combine a steady flutter kick with alternating arm movements. Practice exhaling underwater and recovering independently to a standing position.

FUN STUFF

Songs

- Wheels On The Bus (Swimming Edition) - Encourages arm and leg movements in rhythm.
- Ten Little Fishies - Builds breath control and introduces underwater movement.
- The Grand Old Duke Of York - Reinforces transitions between vertical and back floats.

Games

- Swim To The Beat - Builds rhythm in swimming strokes.
- Bubble Blowing Contest - Enhances breath control.

- Floating Treasure Hunt - Encourages floating and gliding skills.
- Water Obstacle Course - Practices transitioning between floating, gliding, and swimming.
- Rescue The Duck - Reinforces surface support and underwater movement.

NOTES FOR PARENTS

- **Only progress to the next lesson when all items in this current lesson are mastered.**

Little Swimmers Lesson #6

SAFETY REMINDER: In deep water, always accompany your swimmer with a flotation aid (e.g., noodle or flutter board) to ensure safety throughout the activity.

LESSON PURPOSE

To prepare your child for managing an unexpected fall into deep water, focus on building confidence, safety skills, and independence through practice and progression.

RECOMMENDED IN-WATER TIME: 30-45 minutes

NEW SKILLS IN THIS LESSON

CATEGORY	SKILLS
Entry & Exit Techniques	Jump into deep water, back float, exit.
Breath Control Techniques	Object retrieval (chest-deep), Deep-Water Bobs.
Floating & Gliding Techniques	Vertical Float, Back Swim

CATEGORY	SKILLS
Movement Techniques	Continuous Activity: forward entry into shallow water, roll over to back float for 30 seconds, and return to safety

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, and PFD.

GETTING WET

Use songs and games from the list below to help your little swimmer acclimate to the water. Always **begin and end your lesson with fun!**

ENTRY & EXIT TECHNIQUES

Review And Practice

- Jump Entry, Back Float (PFD) (Chest-Deep)
- Sideways Entry, Back Float (PFD) (Chest-Deep)
- Forward Entry, Recover In Chest-Deep Water.

Jump Into Deep Water (Min 5ft Deep)

- Return to the surface: encourage a controlled recovery to the surface and transition to a back float.
- Back float: hold the back float position for 5 seconds.
- Body extended, chin up, ears below the water.
- Return to the point of entry: guide them to kick and paddle to the exit.
- Repeat: gradually increase independence and duration of floating.

BREATH CONTROL TECHNIQUES

Review And Practice

- Underwater movement to exit
- Object retrieval (shallow)

Object Retrieval (Chest-Deep Water): Start in shallow water and build confidence in retrieving objects. Progress to chest-deep water: encourage reaching and submersion to retrieve objects. Support weight transfer: help your child lean forward while reaching for the object. Balance recovery: assist them in standing upright after retrieval.

Deep-Water Bobs: Start in chest-deep water: ensure a vertical body position for stability. Practice submersion: focus on exhaling underwater with a long, steady exhale. Push off the bottom: return to the surface with a controlled motion. Transition to deeper water: practice in water over their head, maintaining controlled breathing and recovery. Repeat: practice three times in each depth, building confidence.

FLOATING & GLIDING TECHNIQUES

Review And Practice

- Back float: Encourage a relaxed position for 5-10 seconds. Move toward the exit while kicking and paddling.

Vertical Float: Start in comfortable water depth: stand in chest-deep water.

- Positioning for support: stand cheek-to-cheek, supporting their chin as they float upright.
- Achieving buoyancy: encourage short breaths to maintain buoyancy.
- Transition to back float: gently guide them into a back float and maintain the position for 5-10 seconds.
- Move toward the exit: kick and paddle to the edge, reinforcing independence.
- Front glide
- Improve distance: encourage gliding for 3-5 feet while taking one breath.
- Progression: gradually increase distance and independence over time.

MOVEMENT TECHNIQUES

Review and Practice

- Surface Support (15 Sec): focus on treading water or floating using sculling and kicking.
- Front swim (3m): combine flutter kick, proper arm motion, and controlled breathing.
- Back swim (3m): Starting position: back glide with steady flutter kicks. Maintain horizontal alignment with ears in the water. Increase swimming distance to 5m with independent recovery.

Continuous Activity: jump into deep water with PFD, back float, change direction, kick and paddle to exit

- Jump in: begin with a jump into deep water while wearing a PFD.
- Back float (30 sec): guide them into a back float, allowing the pfd to support them.
- Change direction: kick and paddle while maintaining the back float position.
- Move to exit: guide them to swim toward the pool's edge or shallow water, climbing out independently.

FUN STUFF

Songs:

- Row, Row, Row Your Boat - Reinforces controlled movement and floating.
- Five Little Ducks - Encourages breath control and underwater movement.
- Twinkle, Twinkle, Little Star - Promotes relaxation during floating exercises.
- The Grand Old Duke Of York (Swimming Version) - Teaches transitions between vertical and back floating.

Games

- Simon Says (Water Edition) - Reinforces various skills in a fun, interactive way.

- Deep-Sea Diver - Encourages object retrieval and confidence in deeper water.
- Float And Race - Combines floating skills with a competitive element.
- Water Treasure Hunt - Practices object retrieval, movement, and breath control.
- Water Relay - Integrates multiple skills like jumping, floating, and swimming in a continuous activity.

NOTES FOR PARENTS

- **Only progress to the next lesson when all items in this current lesson are mastered.**

LITTLE SWIMMERS LESSON #7

LESSON PURPOSE

Enhance deep water survival skills, introduce back swimming techniques, and build confidence and independence through consistent practice.

RECOMMENDED IN-WATER TIME: 30-45 MINUTES.

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Sideways Roll (PFD) into deep water
Breath Control Techniques	Underwater Swim (3m) Deep-Water Bobs with travel (3m) Handstand in chest-deep water

CATEGORY	SKILL
Floating & Gliding Techniques	Back Glide Front Glide With Kick (3m) And Roll Over To Back Glide With Kick (3m)
Movement Techniques	Continuous Activity: Jump Into Deep Water, Back Float, Change Direction, Kick, And Paddle To The Exit

SUGGESTED WATER TOYS

rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, flutter board, and PFD.

GETTING WET:

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES:

Review & Practice

- Jump into shallow water, roll over to a back float for 30 seconds, and return to safety.
- Jump into deep water, back float for 30 seconds, and exit independently.

Sideways Roll (PFD) Into Deep Water: Prepares your swimmer for an unexpected fall into the water, promoting confidence and safety skills.

- Begin in a crouched position on the edge, no higher than 3 feet (1 meter) above the water.
- Perform a sideways roll into the water while wearing a PFD.
- Transition to a back float for 30 seconds, focusing on relaxation.
- Change direction, kick, and paddle back to the entry point, and exit independently.

BREATH CONTROL TECHNIQUES:

Review & Practice

- Object retrieval in chest-deep water.

Handstand In Chest-Deep Water: Develops weight transfer skills essential for advanced swimming techniques.

- Start in chest-deep water with feet shoulder-width apart.
- Take a deep breath and bend forward, place hands firmly on the pool floor.
- Kick legs up one at a time, keeping them straight and together.
- Support legs initially, allowing your swimmer to balance independently over time.
- Encourage maintaining balance with toes pointed, gradually extending hold duration.

Recover Object In Deep Water (5ft): Place an object on the pool bottom. Use a 6ft pole to assist the swimmer in descending hand-over-hand to retrieve the object.

Underwater swim (3m): Begin in chest-deep water. Swim headfirst through a submerged hula hoop, using either a frog or flutter kick with underwater arm pulls. Surface, recover balance, and stand upright after completing the swim.

Deep Bobs With Travel (3m): Submerge fully, exhaling underwater. Propel forward using arm pulls and kicks while travelling 3m underwater. Surface for a breath, repeat, and continue until reaching the exit point.

FLOATING & GLIDING TECHNIQUES:

Review & Practice

- Back Float (Relaxation Focus).
- Supported Back Glide.

Back Glide With Flutter Kick (3m): Push off the wall or step into a streamlined back glide. Keep chin up, ears submerged, and hips near the surface. Add a steady flutter kick to glide 3m.

Front Glide With Kick (3m) And Roll Over To Back Glide With Kick (3m): Begin with a horizontal front glide, exhaling underwater. Use a flutter kick to propel forward for 3m. Transition by rolling onto the back, maintaining body alignment.

Glide on the back with a steady flutter kick for another 3m. Gradually increase the distance to 5m as confidence grows.

MOVEMENT TECHNIQUES

Review & Practice

- Front Swim (3-5m)
- Back Swim (3-5m)

Surface Support (15 seconds): Floating vertically or in a back float, with controlled arm and leg action.

Continuous Activity: Jump into deep water; Transition to a back float (PFD optional). Change direction using arm pulls and leg kicks and swim back to the entry point, and exit independently.

FUN STUFF:

Songs:

- Row, Row, Row Your Boat - Use for practicing back glides or floating while encouraging rhythmic kicking.
- Humpty Dumpty - Practice sideways rolls into the water, reinforcing safe falls and recovery.
- Ring Around The Rosie - Great for practicing deep-water bobs. Submerge at “fall down” and resurface on cue.
- If You’re Happy And You Know It - Modify lyrics to include swimming actions such as kicking and blowing bubbles.

Games

- Treasure Dive - Scatter sinkable toys on the pool floor. Have your swimmer retrieve them to practice underwater swimming and breath control.
- Starfish Float - Time your swimmer’s back float, encouraging relaxation and stability.
- Obstacle Course - Include challenges such as jumping into water, floating, and swimming through hula hoops.

- Sharks and Minnows - Encourage swimming and surface support as “minnows” evade the “shark.”

NOTES FOR PARENTS

Continue to Build:

- Independent Back and Front Swimming for 5m.
- Underwater Swimming from 3m to 5m
- Sustained Surface Support from 15 to 30 seconds.
- **Only progress when all skills in this lesson are mastered.**

LITTLE SWIMMERS LESSON #8

LESSON PURPOSE

To further develop deep water survival skills and introduce advanced swimming techniques, focusing on improving breath control, diving, and independent movement in the water.

RECOMMENDED IN-WATER TIME: 30-45 MINUTES.

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Seat Dive (Chest Deep) & Recovery
Breath Control Techniques	Front Somersault In Chest-Deep Water
Floating & Gliding Techniques	Front Glide With Kick (3m), Roll Over To Back Glide With Kick (3m)

CATEGORY	SKILL
Movement Techniques	Front Swim 5m With One Breath Continuous Activity: Jump Into Deep Water, Surface And Support 15 Sec.

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, flutter board, and PFD.

GETTING WET

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES

Review & Practice

- Sideways Entry (Deep), Back Float.
- Forward Entry Into Shallow Water, roll over to back float for 30 seconds and return to safety.

Seated Dive

- **Safety First:** ensure the water depth is above your child's head before diving.
- Target practice: place an object 1 meter from the edge for focus during the dive.
- Starting position: have your child sit on the pool edge with legs in the water, arms extended forward, and chin slightly tucked.
- Executing the dive: encourage leaning forward and pushing off gently, aiming for the hands to touch the water first.

BREATH CONTROL TECHNIQUES

Review & Practice

- Handstand In Chest-Deep Water.

- Recover Object In Deep Water.
- Underwater Swim (3m).
- Deep Bobs With Travel (3m).

Front Somersault In Chest-Deep Water

- Preparation: stand in chest-deep water, feet together, and slightly bend knees.
- Initiate somersault: propel forward by jumping off the bottom, tucking chin, and pulling arms close to the body.
- Complete somersault: rotate fully, returning to an upright position.

FLOATING & GLIDING TECHNIQUES

Review & Practice

- Back Glide With Flutter Kick (3m).
- Front Glide With Flutter Or Frog Kick.
- Front Glide, Roll Over To Back Glide With Kick (3m).

Front Glide With Kick And Roll Over To Back Glide

- Starting position: begin in chest-deep water in a streamlined front glide position.
- Front glide (3m): flutter or frog kick to propel forward.
- Roll over: transition by moving one arm to the side and turning the head, maintaining body alignment.
- Back Glide (3m): continue with a flutter kick on the back. Gradually increase the distance to 5m.

MOVEMENT TECHNIQUES:

Review & Practice

- Flutter Kick.
- Frog Kick.

Front swim (5m) with one breath

- Starting position: begin in chest-deep water with a streamlined body.
- Leg and arm action: use a flutter kick and alternating windmill arm motions.
- Breathing technique: take one breath over the distance, lifting the head or rolling to the back for inhalation.
- Recovery: transition to a standing position independently.

Continuous Activity: Jump into deep water, Surface, and Support 15 sec.

Jump into deep water. Transition to a vertical or horizontal back float, maintaining relaxed arm and leg actions for 15 seconds. Kick and paddle to the exit independently.

FUN STUFF

Songs

- If You're Happy And You Know It (water version) - Encourages splashing, kicking, blowing bubbles, and floating through a fun and rhythmic song.
- Row, Row, Row Your Boat - Simulate rowing motions to reinforce arm coordination.
- Twinkle, Twinkle, Little Star (Bubble Version) - Practice blowing bubbles while singing, promoting breath control.

Games

Diving For Treasure - Scatter toys on the pool floor and encourage retrieval, reinforcing underwater movement and breath control.

Somersault Challenge - Practice and refine somersaults in chest-deep water, building orientation skills.

Float And Glide Relay - Perform a sequence of floats, glides, and rollovers to promote transitions between techniques.

Water Hoop Swim - Swim through a hula hoop to reinforce straight-line swimming and gliding techniques.

NOTES FOR PARENTS

Continue to Build:

- Independent Back and Front Swimming for 5m.
- Underwater Swimming from 3m to 5m
- Sustained Surface Support from 15 to 30 seconds.
- **Only progress when all skills in this lesson are mastered.**

LITTLE SWIMMERS LESSON #9

LESSON PURPOSE

To enhance deep water survival skills and introduce advanced diving, gliding, and breath control techniques while reinforcing independent movement and safety.

RECOMMENDED IN-WATER TIME: 30-45 minutes.

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Kneeling Dive (Deep) & Recovery
Breath Control Techniques	Underwater Swim 3m Object Retrieval (Chest Deep)
Floating & Gliding Techniques	Front Glide 3m, Vertical Float To Back Glide, Change Direction, Return To Entry Point
Movement Techniques	Continuous activity: Jump into deep water, transition to a back float, change

CATEGORY	SKILL
	direction, then kick and paddle to the exit.

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, flutter board, and PFD.

GETTING WET

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES

Review & Practice

- Sideways entry (deep), back float.
- Seat dive (chest deep) & recovery.

Kneeling Dive In Deep Water (Minimum 8ft Depth)

- Preparation: ensure water depth is at least 8 feet for head-first entries. Place an object 1 meter from the edge for focus.
- Starting position: kneel at the pool's edge with one knee down and the opposite leg extended behind. The toes on the leading foot should grip the surface.
- Executing the dive: push off with both feet and hands, entering the water head-first. Glide underwater, retrieve the object, surface, and exit.
- Progression: gradually increase the distance of the object to encourage streamlined glides.

BREATH CONTROL TECHNIQUES

Review & Practice

- Handstand in chest-deep water.

- Front somersault in chest-deep water.
- Deep-water bobs with travel 3m (focus on reaching shallow water or an exit).

Underwater Swim (3 Meters) & Object Retrieval

- Starting position: begin in chest-deep water.
- Technique: swim head-first through a submerged hula hoop and retrieve an object placed 1 meter away.

FLOATING & GLIDING TECHNIQUES

Review & practice

- Back glide.
- Back glide with flutter kick (3m).
- Front glide, roll over to back glide with kick (3m).

MOVEMENT TECHNIQUES

Review & practice

- Front Swim (5m) With One Breath.
- Back Swim With Flutter Kick (3m).

Continuous Activity: Jump into deep water, transition to a back float, change direction, then kick and paddle to the exit.

FUN STUFF

Songs

- Five Little Ducks (Swim Version) - Practice deep-water bobs or underwater swimming as "ducks" disappear one by one. Reinforces breath control and underwater swimming playfully.
- Head, Shoulders, Knees, And Toe (Water Version) - Sing and mimic actions in the water, followed by diving or gliding. Encourages coordination and transitions into water activities.

- Row, Row, Row Your Boat (Back Float Version) - Float on the back while gently kicking to simulate rowing. Reinforces the back float and introduces gentle movement.

Games

Dive For Treasure – Start with a kneeling dive to retrieve objects placed on the pool bottom. Correct diving technique and encourage proper form.

Hula Hoop Swim Challenge - Swim through a submerged hula hoop, focusing on breath control and gliding. Develops underwater swimming and object retrieval skills.

Handstand Contest- Hold handstands in chest-deep water, counting how long they stay up. Improves balance, control, and comfort with submersion.

Kickboard Races - Use a kickboard or noodle for races, practicing flutter or frog kicks. Builds leg strength and speed.

Follow The Leader - Mimic actions like diving, gliding, and floating, following a leader. Reinforces multiple techniques in a fun and dynamic way.

NOTES FOR PARENTS

Continue to Build:

- Your child's ability to perform independent underwater swimming.
- Sustained surface support.
- Streamlined back glides.

LITTLE SWIMMERS LESSON #10

SAFETY REMINDER

In deep water, always accompany your swimmer with an aid, such as a noodle or flutter board, to ensure their safety throughout the activity.

LESSON PURPOSE

To refine deep water survival skills and introduce advanced swimming techniques, including diving, side gliding, and extended front and back swimming distances.

RECOMMENDED IN-WATER TIME: 30-45 MINUTES.

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Stride Dive (Deep) & Recovery
Floating & Gliding Techniques	Supported Side Glide
Movement Techniques	Front Swim With One Breath (10m) Back Swim (10m)

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, flutter board, and PFD

GETTING WET

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES

Review & Practice:

- Sideways roll (pfd) into deep water.
- Kneeling dive (use a hula hoop as a target to improve dive form).

Stride dive – deep water (8ft minimum depth):

- Preparation: Place a hula hoop floating on the water's surface as a target.
- Body position: Position one leg forward, one leg behind, knees slightly bent, with toes gripping the edge. Extend arms above the head with hands together, aligned with the spine.
- Dive execution: Push off with the trailing leg, aiming hands first through the hula hoop. Enter the water smoothly in sequence: hands, head, shoulders, body, feet. Retrieve an object underwater or surface, change direction, and swim back to safety.

BREATH CONTROL TECHNIQUES

Review & Practice:

- Handstand in chest-deep water.
- Front somersault in chest-deep water.
- Recover objects in deep water.
- Underwater swim (3m).
- Deep-water bobs (travel 3m).

FLOATING & GLIDING TECHNIQUES

Review & Practice:

- Back glide with flutter kick (3m).
- Front glide, roll over to back glide with kick (3m).
- Front glide (3m), vertical float to back glide, change direction, and return to the entry point.

Supported Side Glide (3m):

- Starting position: begin in chest-deep water, using a noodle or flutter board for support.
- Hand position: hold support in the non-dominant hand; lead arm extended, trailing arm at the side.

- Body position: streamline the body with hips vertical or near the surface, maintaining a relaxed flutter kick.
- Head position: keep the head up and face forward for easy breathing.

MOVEMENT TECHNIQUES

Review & Practice:

- Front swim with one breath (5m).
- Back swim with flutter kick (5m).

Front Swim With One Breath (10m)

- Body position: maintain a horizontal, streamlined posture with face in the water.
- Breathing: exhale underwater and take a least one breath over the distance. Encourage one breath every two strokes as the skill progresses.
- Leg action: perform a steady flutter kick.
- Arm action: execute alternating windmill arm movements for propulsion.
- Progression: increase distance to 10 meters while maintaining control.

Back Swim (10m)

- Body position: maintain a horizontal posture with chin up, ears submerged, and hips near the surface.
- Breathing: relaxed and natural, no breath-holding.
- Arm & leg action: use a steady flutter kick with arms at the sides for propulsion.

FUN STUFF

Songs

- Splish Splash(Swimming Version) - Sing the song while practicing gliding and swimming, modifying lyrics to include swimming actions. Encourages rhythm and coordination during swimming strokes.

- Wheels On The Bus (Swimming Edition) - Adapt the lyrics to include swimming motions e.g. the arms on the bus go round and round, the legs on the bus go kick, kick, kick. Reinforces swimming actions in a familiar, engaging format.
- If You're Happy And You Know It (Water Version) - Encourage actions like "kick your legs" or "glide and float" to the song. Makes practicing different swimming techniques fun and interactive.

Games

- Hula Hoop Diving Challenge - Place a hula hoop at various depths. Challenge your child to perform a stride dive through it. Develops diving confidence and precision.
- Treasure Hunt - Scatter objects in deeper water. Have your child swim and retrieve as many "treasures" as possible. Reinforces underwater swimming and breath control.
- Glide and Go - Use a noodle or flutter board for side glides. Challenge your child to glide from one point to another. Refines side glide techniques and efficient movement.
- Simon Says (Swimming Edition) - Include actions like "glide," "kick your legs," and "do a back float." Reinforces multiple swimming techniques in a structured, playful manner.
- Kickboard Race - Race across the pool using kickboards or noodles, incorporating flutter or frog kicks. Builds speed, coordination, and leg strength.

NOTES FOR PARENTS

- Progress To The Next Lesson Only When All Items In This Lesson Are Mastered.

LITTLE SWIMMERS LESSON #11

LESSON PURPOSE

To enhance deep water survival skills with a focus on side-breathing and continuous swimming, combining front and back swim techniques to build endurance and confidence.

RECOMMENDED IN-WATER TIME: 30-45 minutes

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Stride Dive, Surface Support, Return To Safety
Breath Control Techniques	Side-Breathing
Floating & Gliding Techniques	Supported Side Glide (3m)
Movement Techniques	Continuous Activity: Jump Into Deep Water, Front Swim 10m, Rollover, Back Swim 10m To Exit

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, flutter board, and PFD.

GETTING WET

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES

Review & Practice:

- Sideways entry (deep) to back float.
- Kneeling dive (deep) & recovery.

Stride Dive (Deep 8 ft. +): Use a hula hoop floating on the water's surface as a target for the dive. Focus on the entry sequence: hands, head, feet. Practice surface support after diving and returning to safety.

BREATH CONTROL TECHNIQUES

Review & Practice:

- Handstand In Chest-Deep Water.
- Front Somersault.
- Underwater Swim & Object Recovery.
- Place 2 Objects 1m Apart And Challenge Your Swimmer To Retrieve Them.

Deep-Water Bobs and Travel (5m) To Exit: Use Arms To Pull Forward With Each Bob. Focus On Traveling Toward Shallow Water Or An Exit.

Introducing Side-Breathing:

- Step 1: Supported Practice
 - Use A Noodle Or Flutter Board For Support.
 - Practice A Front Glide With A Flutter Kick, Rolling To The Dominant Side For A Breath.
 - Continue This Over 5 Meters.
- Step 2: Without Support
 - Remove The Noodle Or Flutter Board.
 - Practice The Same Glide And Side-Breathing Over 5 Meters, Focusing On Coordination And Confidence.

FLOATING & GLIDING TECHNIQUES

Review & Practice:

- Supported side glide (3m).
- Front glide (3m), vertical float to back glide, change direction, and return to the entry point.

MOVEMENT TECHNIQUES

Review & Practice:

- Front swim with one breath (10m).
- Back swim (10m).

Continuous Activity:

- Deep water entry: jump into deep water; Front swim (10m): swim face down using flutter kick and paddling techniques. Rollover to back, swim (10m): roll onto the back and swim to the exit with a flutter kick.

Surface support (15 sec): float or tread water before moving to the exit.

FUN STUFF

Songs

- Row, Row, Row Your Boat (Side-Breathing Version) - Change lyrics to "glide, glide, glide your boat, gently through the pool. Practice side-breathing while gliding forward.
- If You're Happy And You Know It - Actions include "jump right in" (jump entry), "blow some bubbles" (breath control), and "float on your back" (back floating).
- The Wheels On The Bus (Swimming Version) - Actions include "the hands on the swimmer go splash, splash, splash" (arm movements) and "the head on the swimmer goes side to side" (side-breathing).

Games

- Dive Through The Hoop - Use a hula hoop as a target for stride dives. Swim back to safety afterward.
- Underwater Treasure Hunt - Scatter objects on the pool floor. Have swimmers retrieve and return them to the side.
- Noodle Relay - Glide forward using side breathing while holding a noodle. Pass the noodle to the next swimmer for continuous practice.
- Sponge Squeeze Race - Swim across the pool, squeezing a sponge to fill it with water. Finish with a back swim to return.

- Hula Hoop Rescue - Jump into deep water, swim to a hula hoop, and practice surface support or floating until exiting safely.

NOTES FOR PARENTS

- **Progress to the next lesson only when all items in this lesson are mastered.**

LITTLE SWIMMERS LESSON #12

LESSON PURPOSE

To strengthen deep water survival skills and introduce advanced swimming techniques, including rolls and extended swim distances, focusing on building confidence and endurance.

RECOMMENDED IN-WATER TIME: 30-45 MINUTES.

NEW ITEMS IN THIS LESSON

CATEGORY	SKILL
Entry & Exit Techniques	Forward Roll (PFD) Into Deep Water, Roll Over To Back, Back Swim 20m
Breath Control Techniques	Side-Breathing for Front Swim (Supported and Unsupported)
Floating & Gliding Techniques	Front Glide 3m, Vertical Float To Back Glide, Change Direction, Return To Entry Point
Movement Techniques	Side Roll Or Forward Roll Entry, Surface Support 30 Sec, Front Swim 10m, Rollover Back Swim 10m

SUGGESTED WATER TOYS

Rubber duck, small ball, medium inflatable beach ball, sponge, plastic cups, teapot, watering can, hula hoop, pool noodles, and PFD.

GETTING WET

Use songs and games from the list below to help your little swimmer acclimatize to the water. Always begin and end the lesson with fun!

ENTRY & EXIT TECHNIQUES

Review & Practice:

- Kneeling Dive (Deep): emphasize form and recovery.
- Stride Dive (Deep 8ft +): focus on changing direction and returning to safety.
- Sideways Entry (PFD) into deep water: transition to a back float and maintain for 30 seconds.

Forward Roll (PFD) In Chest-Deep Water:

- Starting position: knees slightly apart and bent, slight bend at the waist.
- Foot position: toes extend just beyond the edge, ready to push off.
- Arm position: cross arms over the PFD.
- Head alignment: tuck chin toward the chest, looking down at the pool bottom.
- Initiating the roll: Lean forward and use momentum to roll toward the bottom.
- Transition to back float: After rolling, transition smoothly into a back float, maintaining it for 30 seconds before returning to safety.

BREATH CONTROL TECHNIQUES

Review & Practice:

- **Deep-Water Bobs:** travel 5 meters toward shallow water or an exit.
- **Underwater Swim & Object Recovery:** place two objects 1 meter apart. Challenge your swimmer to retrieve as many as possible.

Side-Breathing for Front Swim

- Supported Practice: Use a noodle or flutter board. Glide forward and roll to the side for a breath. Continue for 5 meters.
- Unsupported Practice: Remove support and repeat, focusing on streamlining and exhaling underwater. Attempt two breaths over 5 meters.

FLOATING & GLIDING TECHNIQUES

Review & Practice:

- Front Glide (3m): transition to a vertical float, then back glide, change direction, and return to the starting point.
- Side Glide (3m): focus on body position and relaxed breathing.

MOVEMENT TECHNIQUES

Review & Practice:

- Front crawl (10m): Focus on exhaling underwater and attempting side-breathing at least twice.
- Back swim (10m): Maintain a streamlined body position with a strong flutter kick.

Continuous Activity:

- Entry: perform a side roll or forward roll into deep water; Surface support: maintain surface support for 30 seconds; Front swim (10m): swim on your front with relaxed breathing; Rollover: transition to a back float; Back swim (10m): swim to the exit while maintaining a flutter kick and steady breathing.

FUN STUFF

Songs

Under The Sea (from *the Little Mermaid*) - Encourage swimmers to mimic sea creatures as they practice rolls, front swims, and back swims.

Splish Splash - Use this upbeat tune during entry and exit practice. Encourage your swimmer to “splish splash” into the water with each entry.

I’m A Little Teapot - Modify lyrics to suit swimming actions, e.g., "I’m a little swimmer, short and stout. Here is my kickboard; here is my spout."

Games

Treasure Dive - Scatter objects on the pool floor and challenge swimmers to retrieve them, practicing breath control and diving skills.

Relay Roll And Swim - Swimmers perform a forward or side roll in entry, surface support, swim 10m on their front, roll over, and swim 10m on their back in a fun relay format.

Floating Duck Race - Push a rubber duck across the pool using only gentle movements or breath, reinforcing back float control.

Noodle Obstacle Course - Create a course with noodles and floating toys. Include rolls, floating, and surface support challenges.

Catch And Swim - Toss a beach ball to the swimmer during their front swim. They catch it, roll over, and backswim to return to the starting point.

LITTLE SWIMMERS ADVANCED SKILLS

SAFETY REMINDERS

- Supervision is crucial, especially in deep water. Always ensure safety aids, such as a pool noodle or flutter board, are available during advanced skill practice.
- When Deep Water is required for an entry ensure the water is 8ft+.

SKILLS & INSTRUCTIONS

Front Glide with Frog Kick (5m)

- Starting Position: Begin in chest-deep water with support (e.g., pool noodle or flutter board).
- Step 1: Practicing the Frog Kick
 - With Support: The child holds onto the pool noodle or flutter board for stability.
 - Kick Focus: Bend knees, bringing heels toward the bottom.
 - Extend legs outward in a circular arc. Snap heels together quickly to create propulsion.
 - Stability: The parent holds the support steady as the child practices.
- Step 2: Removing the Support
 - Encourage the child to glide without support, using the frog kick for 3 meters.
 - Ensure a streamlined body position close to the water's surface.
- Step 3: Adding Arm Action
 - Introduce a simple underwater pull synchronized with the frog kick.
 - Focus on coordinating arm and leg movements for efficiency.

Front Crawl (10m)

- Starting Position: Begin in chest-deep water, initiating with a front glide in a horizontal, streamlined body position.
- Head and Breathing: Face is submerged; eyes are open (use goggles if preferred).
- Exhale underwater and roll to one side for a breath every two strokes.
- Leg Action: Steady flutter kick, relaxed and consistent, originating from the hips.
- Arm Action: Alternate windmill-like arm motions. Hands enter the water above the head and exit near the hip, ensuring full extension for propulsion.
- Progression: Practice rhythmically combining breathing, arm strokes, and flutter kicks over 10 meters.

Back Crawl (10m)

- Starting Position: Begin with a back glide in a horizontal, streamlined body position.
- Body and Head Position: Hips near the water surface; body fully extended. Ears submerged; chin slightly up for a comfortable head position.
- Leg Action: Relaxed flutter kick, knees underwater, toes occasionally breaking the surface.
- Arm Action: Windmill-like arm movements. Hands enter the water above the head and exit near the hip for optimal propulsion.
- Breathing: Maintain a relaxed and rhythmic breathing pattern, avoiding breath-holding.

Stride Dive & Object Retrieval (Deep Water)

- Object Placement: Place an object on the pool bottom, at least 1 meter away from the entry point, in water 8 feet deep or deeper.
- Dive Technique:
 - Entry Sequence: Arms extend above the head with hands together. Enter hands-first, followed by the head, then the body in a streamlined motion.
 - Spotting: The parent stands nearby to assist and ensure proper form.
- Object Retrieval: After entering, streamline underwater and use a flutter kick to reach the object. Retrieve the object and return to the surface, maintaining control.

REFERENCES

1. **A Non-Randomized Pilot Study on the Benefits of Baby Swimming on Motor Development** - *International Journal of Environmental Research and Public Health*, 28 July 2022.
This study explores the impact of early swimming lessons on motor skill development in infants, emphasizing how aquatic activities can positively influence coordination, strength, and overall physical development.
2. **Adapted Aquatics for Children with Severe Motor Impairments or Impairments**
International Journal of Aquatic Research and Education (IJARE), Volume 10, Number 3, Article 5, 7-15-2018.
- This article examines the effectiveness of specialized aquatic programs for children with severe motor impairments, focusing on strategies to enhance motor function, balance, and confidence in the water.
3. **Ahrendt, L. (2002). Baby Swimming: Parent-Child Swimming During the First Year of Life in Theory and Practice**
Meyer and Meyer Sport.
- A foundational resource for parents and instructors, this book delves into the theory and practice of baby swimming, offering insights into creating safe and enjoyable swimming experiences for infants and their caregivers.
4. **Improvements in Swim Skills in Children with Autism Spectrum Disorder Following a 5-Day Adapted Learn-To-Swim Program (iCan Swim)**
Journal of Clinical Medicine, Published online 2021 Nov. 26. doi: 10.3390/jcm10235557.
- This study highlights the effectiveness of a 5-day intensive swim program tailored for children with Autism Spectrum Disorder, demonstrating significant improvements in swimming skills and water safety awareness.
5. **Organization of Swimming Lessons in LITTLE SWIMMERS Institutions**
The American Journal of Social Science and Education Innovations, July 2020, Page No.: 322-330.
- This paper provides a structured framework for organizing swimming lessons within institutions, offering best practices for curriculum development, skill progression, and fostering water safety in young learners.

APPENDIX A: GLOSSARY OF TERMS

TERM	DEFINITION & KEY DETAILS
Back Crawl	<p>Also known as Backstroke (Beginner skill level).</p> <ul style="list-style-type: none"> - Body is prone on the back with hips at or near the surface and ears in the water. - Alternate arm action with hand entry forward of the head; underwater pull extends to the hips. - Continuous flutter kick originating from the hip (no bent knees or bicycle kick); legs no wider than shoulder-width apart, with relaxed ankles. - Breathing is regular with no breath-holding.
Back Swim	<p>The precursor to Back Crawl.</p> <ul style="list-style-type: none"> - Body is prone on the back, with hips at or near the surface, and ears in the water. - Arm action is at the side, with hands paddling or fanning the water. - Continuous flutter kick originates from the hip (no bent knees or bicycle kick); legs are no wider than shoulder-width apart, with relaxed ankles. - Breathing is regular with no breath-holding.
Buddy Entry	<p>A safe water entry for adults with multiple children.</p> <ul style="list-style-type: none"> - One adult securely holds both babies on the poolside. - The other adult enters the water first, stabilizes, and receives both babies. - Once the second adult is stable in the water, the first adult joins and takes back their child, ensuring secure holds during the entire process.
Chest Hold	<p>A secure hold for entering water with a baby.</p> <ul style="list-style-type: none"> - Hold the baby close to your chest with one arm, ensuring comfort and safety. - Walk into the water carefully, keeping your other hand free for balance.
Continuous Activity	<p>A skill combination that involves seamlessly integrating entry, breath control, floating, and movement into a single exercise.</p>

TERM	DEFINITION & KEY DETAILS
	A kick originating from the hip. - Legs remain relatively straight, with relaxed ankles and knees.
Flutter Kick	- Movement alternates up and down in small, controlled motions for propulsion, minimizing resistance. - Feet are not flexed, and the top of the feet push against the water.
	A secure hold for babies in water. - Position the child's chest along your forearm, with one arm and leg on either side for stability. - Cradle their chin in the palm of your hand to keep their head stable.
Football Hold	
	The precursor to the whip-kick. - Legs flex at the hips and knees, with the soles of the feet facing outward. - Circular motion pushes legs out and apart, generating forward propulsion.
Frog Kick	
	Beginner-level swimming stroke. - Body is prone and horizontal. - Breathing is to the side, with exhalation underwater. - Alternating overarm action with elbows clear during recovery; hand entry forward of the head and pull to the hips. - Flutter kick originates from the hip, maintaining a streamlined body position.
Front Crawl	
	A basic swimming skill. - Body is prone and horizontal. - Leg action can be flutter or frog kick. - Arm action can include alternating overarm pulls or simultaneous underwater strokes. - Full exhalation underwater, with at least one breath every 5m.
Front Swim	
	A deep dive is performed in a minimum of 8ft of water. - Starting position: Kneel at the edge with one knee down and the other extended behind. - Push off using the toes of the trailing leg. - Entry: Hands enter first, followed by the head and body.
Kneeling Dive	
	A safe water entry for babies. - Secure the baby in a seat.
Seated Entry	

TERM	DEFINITION & KEY DETAILS
	<ul style="list-style-type: none"> - Sit beside the baby and maintain eye contact throughout the process. - Enter the water carefully and lift the baby in once stable.
Side Roll	<p>A water entry with or without a PFD.</p> <ul style="list-style-type: none"> - Start perpendicular to the pool edge, with one hip and shoulder closest to the water. - Tuck the chin and roll the body sideways into the water, maintaining a streamlined position.
Stride Dive	<p>A deep dive is performed in 8ft or deeper water.</p> <ul style="list-style-type: none"> - Start in a stride stance with one leg forward, one behind, and knees slightly bent. - Initiate the dive by lifting the trailing leg and falling forward. - Entry: Hands enter first, followed by the head and body.
Surface Support	<p>Techniques for maintaining buoyancy and balance to stay afloat.</p> <ul style="list-style-type: none"> - Can involve treading water, floating, or sculling motions. - Fundamental for water safety, allowing swimmers to conserve energy and maintain visibility above water.
Water Depth	<p>Depth relative to the swimmer.</p> <ul style="list-style-type: none"> - Chest-deep: Water level aligns with the swimmer's underarms. - Deep water: Water level exceeds the swimmer's mouth and nose. - Head-first dives must be performed in 8ft or deeper water.

APPENDIX B SONGS, GAMES & TOYS



Songs That Encourage Movement

1. **Bubbles, Bubbles** (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

Bubbles, bubbles in the water

Blow them out, just like that!

2. **Five Little Ducks** (Swim Tots & Little Swimmers)

Lyrics:

Five little ducks went out one day

Over the hills and far away

Mama Duck said, “Quack, quack, quack, quack,”

But only four little ducks came back.

3. **Five Little Frogs** (Swim Tots & Little Swimmers)

Lyrics:

Five little frogs sat on a log

Eating some most delicious bugs, yum, yum!

One jumped into the pool.

Where it was nice and cool

4. **Five Little Monkeys Jumping on the Bed** (Swim Tots & Little Swimmers)

Particularly good for children and little swimmers.

Lyrics:

Five little monkeys jumping on the bed,

One fell off and bumped his head.

Mama called the doctor, and the doctor said,

"No more monkeys jumping on the bed!"

5. Five Little Speckled Frogs (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

Five little speckled frogs

Sat on a speckled log

Eating some most delicious bugs

Yum, yum!

6. Head, Shoulders, Knees, and Toes (Swim Tots & Little Swimmers)

Activity: Begin on steps or shallow water and progress to deeper water as skills advance. Great for balance and movement practice.

Lyrics:

Head, shoulders, knees, and toes, knees and toes.

Eyes, ears, mouth, and nose,

Head, shoulders, knees, and toes, knees and toes.

7. Hickory Dickory Dock (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

Hickory Dickory Dock,

The mouse ran up the clock.

The clock struck one, the mouse ran down,

Hickory Dickory Dock.

8. Humpty Dumpty (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the king's horses and all the king's men,
Couldn't put Humpty together again.

9. If You're Happy and You Know It (Water Babies, Swim Tots & Little Swimmers)

Lyrics with Actions:

If you're happy and you know it, splash your hands!
If you're happy and you know it, float on your back!
If you're happy and you know it, kick your legs!
If you're happy and you know it, blow bubbles!
If you're happy and you know it, bob your head!

10. I'm a Little Teapot (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

I'm a little teapot, short and stout,
Here is my handle, and here is my spout.
When I get all steamed up, hear me shout,
Tip me over and pour me out!

11. Itsy Bitsy Spider (Water Babies, Swim Tots)

Lyrics:

The itsy bitsy spider climbed up the water spout.
Down came the rain and washed the spider out.

Out came the sun and dried up all the rain,
And the itsy bitsy spider climbed up the spout again.

12. Ring Around the Rosie (Water Babies, Swim Tots & Little Swimmers)

Particularly good for group fun, suitable for all ages.

Lyrics:

Ring around the Rosie,
A pocket full of posies,
Ashes, ashes, we all fall down!

13. Row, Row, Row Your Boat (Water Babies, Swim Tots & Little Swimmers)

Great in a lifejacket!

Lyrics:

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.

14. Shake Your Sillies Out (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

You gotta shake, shake, shake your sillies out,
Shake, shake, shake your sillies out,
Shake, shake, shake your sillies out,
And wiggle your waggles away.

15. Splish Splash (Water Babies, Swim Tots & Little Swimmers)

Lyrics:

Splish, splash, I was taking a bath
Long about a Saturday night.
Rubbed-a-dub, just relaxing in the tub,
Thinking everything was alright.

16. Baby Shark (Swim Tots & Little Swimmers)

Actions for Characters:

Baby Shark: Mimic jaws with hands.
Mommy Shark: Form a fin on your head.
Grandpa Shark: Glide in a streamlined position.

Lyrics:

Baby shark, doo doo doo doo doo doo...
Let's go hunt, run away, safe at last!



Games that Encourage Movement

1. Water Play (Water Babies, Swim Tots)

Objective: Hand-eye coordination, sensory exploration, and water awareness.

Directions: Fill a shallow basin or tub with water. Provide baby-safe toys for splashing and exploring.

2. What's That Noise? (Swim Tots & Little Swimmers)

Objective: Improve auditory skills and water awareness.

Directions: Have your child put their ears underwater and listen for sounds (e.g., bubbles, whistles). Discuss the noises they hear.

3. Talking to the Fish (Swim Tots & Little Swimmers)

Objective: Breath control and underwater familiarity.

Directions: Blow bubbles underwater and pretend to "talk" to fish. Have your child listen underwater for the "response."

4. Volleyball (Water Babies, Swim Tots & Little Swimmers)

Objective: Promote hand-eye coordination and tracking.

Directions: Use a lightweight inflatable ball and gently hit it back and forth with your child.

5. Simon Says (Water Edition) (Swim Tots & Little Swimmers)

Objective: Encourage listening skills and motor coordination.

Directions: Give water-related commands (e.g., "Simon says, blow bubbles"). Follow only commands prefixed by "Simon says."

6. Red Light, Green Light (Swim Tots & Little Swimmers)

Objective: Listening skills, self-control, and gross motor skills.

Directions: Use commands such as "green light" (go) and "red light" (stop) for swimming movements.

7. Musical Statues (Swim Tots & Little Swimmers)

Objective: Gross motor skills and body control.

Directions: Play music while your child moves. When the music stops, they freeze in place.

8. Obstacle Course (Swim Tots & Little Swimmers)

Objective: Promote balance and coordination.

Directions: Use pool noodles and floating toys to create an underwater obstacle course.

9. Animal Walks (Water Babies, Swim Tots & Little Swimmers)

Objective: Imagination and creativity in movement.

Directions: Pretend to be different animals (e.g., hop like a frog, waddle like a penguin).

10. Water Balloon Toss (Water Babies, Swim Tots & Little Swimmers)

Objective: Improve hand-eye coordination.

Directions: Fill water balloons and toss them gently back and forth.

11. Duck Race (Water Babies, Swim Tots & Little Swimmers)

Objective: Encourage propulsion and fun competition.

Directions: Use rubber ducks or floating toys. Blow on them or push them to make them move across the pool.

12. Beach Ball Volleyball (Swim Tots & Little Swimmers)

Objective: Cooperation and motor skill development.

Directions: Use a large beach ball and encourage your child to hit it back and forth in shallow water.

13. Sink or Float Experiment (Swim Tots & Little Swimmers)

Objective: Teach buoyancy principles and encourage curiosity.

Directions: Place various objects in water and discuss whether they sink or float.

14. Splash and Scoop (Water Babies, Swim Tots)

Objective: Familiarity with water and coordination.

Directions: Scoop water with a small cup and pour it over your child's arms, legs, and hands.

15. Floating Toy Chase (Water Babies, Swim Tots & Little Swimmers)

Objective: Practice reaching and moving in the water.

Directions: Place a floating toy out of reach and encourage your child to paddle towards it.

16. Peek-a-Boo Splash (Water Babies)

Objective: Introduce interactive play and comfort with water.

Directions: Play peek-a-boo while gently splashing water.

17. Bubble Blowing Contest (Swim Tots & Little Swimmers)

Objective: Breath control and fun with submersion.

Directions: See who can blow the biggest or longest bubbles underwater.

18. Treasure Hunt (Water Babies, Swim Tots & Little Swimmers)

Objective: Improve underwater movement and confidence.

Directions: Scatter sinkable toys in shallow water. Have your child "hunt" for and retrieve them.

19. Kick-Kick Parade (Water Babies, Swim Tots & Little Swimmers)

Objective: Encourage propulsion and kicking techniques.

Directions: Line up floating toys and have your child kick towards them to move them along.

20. Water Obstacle Course (Swim Tots & Little Swimmers)

Objective: Integrate multiple swimming skills.

Directions: Use pool noodles, hula hoops, and floating toys for an underwater course.

ADDITIONAL ACTIVITIES AND VARIATIONS

From "Floating Toy Reach" to "Noodle Rollover," these structured games offer skill-building in an engaging and developmentally appropriate manner, enhancing both safety and enjoyment. Each game emphasizes fun, movement, and confidence in the water.



Toys For Learning and Fun

SAFETY REMINDER

After each use, **put away all toys** to prevent children from reaching for them at the pool's edge and potentially falling in.

1. Floating Alphabet and Number Sets

Features: Foam or plastic, water-resistant, and educational.

Purpose: Supports early literacy and numeracy skills.

Activities: Engage Swim Tots and Little Swimmers in letter and number recognition while playing in the pool.

2. Dive and Retrieve Toys

Features: Weighted toys that sink to the pool bottom.

Purpose: Encourages underwater exploration, diving, and breath control.

Activities: Swim Tots and Little Swimmers can practice retrieving toys as part of their underwater skill-building.

3. Water-Friendly Balls

Features: Lightweight and floating.

Purpose: Develops hand-eye coordination and gross motor skills.

Activities: Use for throwing, catching, or kicking games in the water.

4. Floating Puzzles

Features: Water-resistant, with large, easy-to-grasp pieces.

Purpose: Provides cognitive stimulation and problem-solving.

Activities: Engage in puzzle-solving while floating on the water's surface.

5. Kickboards and Pool Noodles

Features: Versatile and buoyant.

Purpose: Provides support during kicking and floating practice.

Activities: Use for balance, kicking drills, or as props for games.

6. Water Scoops, Buckets, and Cups

Features: Various sizes for pouring and transferring.

Purpose: Encourages sensory play and motor skill development.

Activities: Experiment with water by scooping, pouring, and transferring.

7. Sponges and Foam Shapes

Features: Bright colours and soft textures.

Purpose: Enhances fine motor skills and sensory exploration.

Activities: Use for grasping, squeezing, and creative play in the water.

8. Hula Hoops

Features: Lightweight and floatable.

Purpose: Versatile for various water games.

Activities: Jump through, float under, or use as tossing targets.

9. Pool Rings

Features: Large, colourful, and floatable.

Purpose: Improves underwater swimming and coordination.

Activities: Children can dive to retrieve rings as they sink.

10. Pool Noodles

Features: Flexible and buoyant.

Purpose: Useful for floating, obstacle courses, or creative construction.

Activities: Swim around or use noodles for balance and stability.

11. Floating Targets

Features: Shapes or numbers on water-friendly targets.

Purpose: Improves accuracy and coordination.

Activities: Aim and throw softballs or beanbags at the floating targets.

12. Dive Sticks or Dive Rings

Features: Weighted toys that sink to varying depths.

Purpose: Builds underwater confidence and diving skills.

Activities: Dive and retrieve sticks or rings from the bottom.

13. Water Sprayers or Water Guns

Features: Child-friendly, lightweight.

Purpose: Adds interactive play to water time.

Activities: Spray targets, engage in games, or cool off.

14. Water Volleyball Set

Features: Includes a floating net and water-safe ball.

Purpose: Encourages teamwork and hand-eye coordination.

Activities: Set up games with Swim Tots or Little Swimmers in shallow water.

15. Pool Basketball Hoop

Features: Floating or anchored basketball hoop.

Purpose: Enhances coordination and motor skills.

Activities: Practice shooting and enjoy friendly competitions.

16. Pool Slide

Features: Sturdy design for safe water play.

Safety Guidelines:

- Ensure slides are securely anchored to prevent movement during use.
 - **2–4 ft slides:** Minimum water depth of 4 ft.
 - **4 ft+ slides:** Minimum water depth of 8 ft.
-

IMPORTANT NOTE ON FLOATIES

Arm Floats and Water Wings are not recommended: Floaties are not used in any lessons outlined in this guide. Instead, use properly fitted **PFDs** (Personal Flotation Devices) to ensure safety without inhibiting skill development.

- Children need to learn horizontal buoyancy and understand how water supports their bodies.
- Floaties may provide a false sense of security and can slip off or deflate, posing safety risks.

APPENDIX C: SKILLS CHART

WATER BABIES

Lesson	Entry & Exit Techniques	Breath Control Techniques	Floating Techniques	Movement Techniques
1	Buddy Entry, Chest Hold, Seated Entry	Face Wet, Chin In	Front & Back Float (with PFD)	
2	Entry (PFD)	Chin & Nose Submersion, Breath Holding	Supported Front & Back Float	Front & Back Float (PFD) with kicking and paddling
3	Fall-In (Seated/Standing), Climb Out	Submersion	Supported Front & Back Tows	Front & Back Swim (PFD)
4	Entry to Back Float (PFD and Non-PFD), Climb Out	Object Retrieval (Shallow), Underwater Passing	Back Float	Sit, Stand, and Walk in Shallow Water
5	Entry to Back Float, Climb Out	Front Passing (with Partner)	Rollover (Front to Back with/without PFD)	Supported Front & Back Swim
6	Fall-In Entry, Rollover to Back Float	Bobbing, Front Pass to Exit, Object Retrieval (Waist-Deep)	Vertical Float	Continuous Activity: Entry, Rollover, Back Float.
7		Front Pass Extended		Front Glide
8		Object Retrieval (Chest-Deep)		Continuous Activity: Entry, Rollover, Back Float.

SWIM TOTS

Lesson	Entry & Exit Techniques	Breath Control Techniques	Floating & Gliding Techniques	Movement Techniques
1	Chest Hold, Seated Entry	Face Wet, Chin In	Back & Front Float (with PFD)	
2	Entry with PFD	Chin & Nose, Breath Holding	Supported Front & Back Float	Front & Back Float (PFD) with kicking and paddling
3	Walk In & Walk Out	Swim Goggles, Submersion	Supported Front & Back Tows	Front & Back Swim (PFD)
4	Entry (PFD) Back Float & Exit	Object Retrieval (Shallow), Underwater Passing	Back Float	Sit, Stand & Walk (Shallow Water)
5	Entry, Back Float	Bobbing	Rollover, Front to Back (PFD)	Supported Front & Back Swim
6		Passing (with a partner)	Supported Rollover (PFD), Front to Back	Supported Front & Back Swim
7	Fall-In Entry, Rollover, Back Float	Bobbing 3x	Vertical Float	Continuous Activity: Entry, Rollover, Back Float
8		Front Pass to Exit	Front Glide and Kick	Continuous Activity: Entry, Rollover, Back Float
9	Fall-In Entry - Rollover and Float:	Front Pass to Exit	Front Glide & Kick	Frog Kick
10		Object Retrieval (Chest-Deep)		Continuous Activity: Entry, Rollover, Back

LITTLE SWIMMERS

Lesson	Entry & Exit Techniques	Breath Control Techniques	Floating & Gliding Techniques	Movement Techniques
1	Seated Entry, Walk-In/Out, Climb-In/Out	Swim Goggles, Breath Holding, Submersion	PFD PFDS, back & front float in a PFD	
2	Jump (Waist-Deep), Entry (PFD), Back Float	Bobbing, Object Recovery (Waist-Deep)	Supported Front & Back Float	Flutter Kick
3	Entry (Chest-Deep), Back Float & Exit	Bobbing 3x, Underwater Movement (Partner)	Supported Front & Back Tow	Sit, Stand & Walk (Shallow)
4	Jump-In Entry (PFD), Back Float & Exit	Bobbing 5x, Object Recovery (Chest-Deep)	Assisted Rollover, Front to Back Float	Frog Kick, Front Swim (PFD)
5	Entry back float (PFD), sideways entry (PFD) to back float	Underwater movement to exit, bobs 3-5x	Vertical float, front glide	Surface support, front swim (3m)
6	Jump into Deep Water, Back Float & Exit	Object Retrieval (Chest-Deep), Deep Water Bobs	Vertical Float, Back Swim	Continuous Activity: forward entry into shallow water, roll over to back float for 30 seconds, and return to safety
7	Sideways Entry (Deep) Back Float	Underwater Swim (3m), Deep- Water Bobs with travel (3m), Handstand	Back Glide Front Glide with Kick (3m) And Roll Over To	Continuous Activity: Jump Into Deep Water, Back Float, Change

Granny's Guide to Swimming for Young Children

Lesson	Entry & Exit Techniques	Breath Control Techniques	Floating & Gliding Techniques	Movement Techniques
		in chest-deep water	Back Glide With Kick (3m)	Direction, Kick, And Paddle To The Exit
8	Seat Dive (Chest Deep) & Recovery	Front Somersault (Chest-Deep)	Front Glide With Kick (3m), Roll Over To Back Glide With Kick (3m)	Front Swim 5m With One Breath Continuous Activity: Jump Into Deep Water, Surface And Support 15 Sec.
9	Kneeling Dive (Deep) & Recovery	Underwater Swim 3m Object Retrieval (Chest Deep)	Front Glide 3m, Vertical Float To Back Glide, Change Direction, Return To Entry Point	Continuous activity: Jump into deep water, transition to a back float, change direction, then kick and paddle to the exit.
10	Stride Dive (Deep) & Recovery		Supported Side Glide	Front Swim With One Breath (10m) Back Swim (10m)
11	Stride Dive, Surface Support, Return To Safety	Side-Breathing	Supported Side Glide (3m)	Continuous Activity: Jump Into Deep Water, Front Swim 10m, Rollover, Back Swim 10m To Exit
12	Forward Roll (PFD) Into Deep	Side-Breathing for Front Swim	Front Glide 3m, Vertical Float To	Side Roll Or Forward Roll

Lesson	Entry & Exit Techniques	Breath Control Techniques	Floating & Gliding Techniques	Movement Techniques
	Water, Roll Over To Back, Back Swim 20m	(Supported and Unsupported)	Back Glide, Change Direction, Return To Entry Point	Entry, Surface Support 30 Sec, Front Swim 10m, Rollover Back Swim 10m

LITTLE SWIMMERS ADVANCED SKILLS

- **Front Glide with Frog Kick:** 5m
- **Front Crawl:** 10m
- **Back Crawl:** 10m
- **Stride Dive & Object Retrieval**

APPENDIX D: DROWNING

As you begin the journey of teaching your child to swim, it's crucial to recognize the signs of drowning and know what to do in an emergency. Learning CPR (Cardiopulmonary Resuscitation) can save lives. Consider taking a CPR workshop or watching a training video. While CPR is vital, it is not a substitute for emergency medical care.

What is Drowning?

Drowning is the process of having trouble breathing due to being submerged or immersed in water. According to the World Health Organization (WHO), over 300,000 people drowned in 2021. More than half of these deaths were among people under 30 years old, and drowning is the fourth leading cause of death for children aged 5–14 years.

For children aged 1–4 years, drowning is the leading cause of death. It can happen in seconds, often without noise or struggle. Drowning can affect anyone whenever there is access to water.

Water Rescue vs. Drowning

An incident where someone is submerged or immersed in water but shows no signs of respiratory problems (such as difficulty breathing) should be considered a water rescue, not a drowning. Anyone rescued from the water, even if they appear fine, should be checked by medical professionals if they show the following signs:

Look out for these signs:

- Cold or bluish skin
- Abdominal swelling
- Chest pain
- Coughing
- Shortness of breath or difficulty breathing
- Vomiting* (children often vomit during water activities; if there are no other concerning signs, continue your activity when ready)
- Unconsciousness and not breathing

TREATMENT FOR DROWNING

Unconscious and Not Breathing

- If two people are present, one should start CPR while the other calls 911.
- If alone, perform CPR for one minute before calling 911.

ADULT CPR

1. Check the airway to ensure it is open. Give two rescue breaths.
2. Start chest compressions:
 - Kneel beside the person.
 - Place the heel of one hand in the center of the chest, with the other hand on top. Interlock your fingers, avoiding contact with the ribs.
 - Keep your arms straight and lean over the person. Press down firmly to about one-third of the chest's depth, then let it return to normal.
3. Perform 30 chest compressions followed by 2 rescue breaths at a rate of 100–120 compressions per minute.

CHILD CPR

1. Position the Child: Lay the child flat on their back on a firm surface.
 - Find the lower half of the breastbone (sternum).
 - Place the heel of one hand on the center of the chest, in the middle of the sternum, just below the nipple line.
 - If you can provide stronger compressions safely, use both hands (one hand on top of the other). Ensure fingers are interlocked and do not press on the ribs.
2. Perform 30 chest compressions followed by 2 rescue breaths. Press down to about one-third the depth of the chest (approximately 2 inches or 5 cm).
 - Allow the chest to fully recoil between compressions.
 - Aim for a rate of 100–120 compressions per minute.

INFANT CPR (Under 1 Year Old)

1. Position the Infant: Lay the infant flat on its back on a firm surface, ensuring the head is slightly tilted to open the airway.
 - Find the breastbone (sternum).

- Place two fingers (index and middle fingers) on the center of the chest, just below the nipple line. Avoid pressing on the bottom tip of the sternum (xiphoid process) as this could cause injury.
2. Perform 30 chest compressions followed by 2 rescue breaths. Compress the chest to about one-third the depth of the chest (approximately 1.5 inches or 4 cm).
- Allow the chest to fully recoil between compressions.
 - Aim for a rate of 100–120 compressions per minute.

Additional Notes

- Head Position for Breaths: For infants, do not overextend the neck when opening the airway. A neutral position is ideal.
- Care with Force: Infants and children have more fragile bones, so adjust the pressure applied to match their size and weight.
- Be prepared for vomiting: Many drowning victims may vomit. If this happens, roll the person onto their side to clear the airway.

CONTINUE CPR UNTIL:

- Emergency responders arrive and take over.
- The person shows signs of life, such as breathing or moving.
- You are too tired to continue (if possible, alternate with a helper every 1–2 minutes).
- A defibrillator is ready for use (turn it on and follow the voice instructions while continuing CPR).

RECOVERY POSITION AND HYPOTHERMIA TREATMENT:

- If the person becomes responsive (e.g., coughing, speaking, or breathing normally), place them in the recovery position.
- Treat for hypothermia by covering them with dry, warm clothing or blankets. Remove wet clothing if possible.
- Continue to monitor their condition and be ready to restart CPR if necessary.

DEFIBRILLATOR: If a defibrillator has been used, keep it attached even after signs of life return.

