



THE POOLSIDE POST

a monthly newsletter filled with swimming tips, tricks & helpful info



3 BATHTUB TIPS

At what age should my child start learning how to swim? It's never too early to start. Here are 3 bathtub or shower tips to get your little one used to the water and ready to swim.

THE BREATHING TRICK

The hardest part of swimming is learning how to breathe. To make it easier, we hum. Read the step-by-step directions, or watch our Instagram [reel](#) on how it's done.



ONLINE LESSONS

[Get in touch](#) to find out more about what we offer online: Mommy & Me Classes, Toddler Learn To Swim Lessons, or advanced coaching and technique work.

read the expanded articles



3 BATHTUB TIPS

to help your little one get comfortable in the water

1. CUP SUBMERSSION

Keep a plastic cup, your child's favorite water toy, or something similar within reach. Sit your child upright on your lap and start by gently drizzling water over their head. Begin at the back of the head, and as your child becomes more comfortable, gradually pour more water and move closer to their face. When the water begins to trickle down their face, set the cup aside in the bath and gently wipe your hand down their face to remove any excess water. As your child gets comfortable, you can pour more water without wiping it away with your hand.

2. KICKING ON BELLY

Place your child on their belly, laying on your legs, and gently use your hands to assist in kicking their legs. They can be facing toward you or away from you. While you guide the movements, repeat the words "kick, kick, kick," to help them associate the action with the term. Encourage them to keep kicking independently.

3. BACKFLOAT

To get into this position, hold your child by the armpits, facing away from you. Carefully lower them onto their back, using your hands to support their head. Maintain eye contact to help them feel secure. Ensure both of their ears are submerged in water. If your child is wiggling, gently secure their head with both hands, wrapping your fingers around their ears and upper neck. Once your child appears comfortable, you can start to remove one hand, followed by the other.

schedule [online bathtub](#) lessons



THE BREATHING TRICK

the hardest thing about swimming just got a little easier

HUMMING

The most challenging aspect when learning to swim is mastering the technique of breathing. In the water, we breathe in through the mouth, and out through the nose. This feels awkward and uncomfortable at first, because it's different from how we breathe in any other form of exercise.

As adults, we often complicate this part of swimming by overthinking it and using our brain to tell us what to do and when. However, this over-analysis can hinder our natural instincts.

A simple solution, to remove the overthinking, is to hum.

Start by taking a big breath in through your mouth. Gently press your lips together and begin to hum. While humming, slowly put your face and eyes in, without changing the way that you are humming.

Bubbles will be coming out of your nose, not your mouth.

Stay submerged for as long as feels comfortable, and then lift your head to take another deep breath through your mouth.

For a visual guide, don't forget to check out our Instagram [reel](#). Enjoy!

[Watch](#) Instagram Reel on How To Breathe



ONLINE LESSONS

from bathtub “intro to water” to advanced coaching and training

BATHTUB

Lessons for children 18 months and under can be done with a parent in the bathtub. We'll go over basic intro to water, and get your little one comfortable with their head being wet, water in their face, laying on their belly, kicking, and back floating.

MOMMY & ME

Set your device on the side of the pool, and we will walk you through how to teach your little one. What we do in each class will vary based on how comfortable your child is in the pool, and what their skill level is.

ADVANCED COACHING

1. Live Video Call: Set your tablet or device on the side of the pool, where as much of the pool is visible as possible. We'll work together to improve your strokes, technique and endurance.
2. Recorded Video: Record yourself swimming the strokes that you would like help with. We'll do a 30 minute video call to analyze and critique your stroke(s) and I'll send a follow up email with what you can work on.

[Schedule](#) online lessons