



THE POOLSIDE POST

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

MIAMI/PALM BEACH LESSONS

February 1 - February 11, we'll be in Miami/Palm Beach. Want to sign up for lessons? Shoot us an email or text.



A FRESH TAKE ON SCHOOL VACATION IDEAS

Wondering where to go for school holidays? We've listed 4 recommendations that guarantee a vacation for the whole family - and a bonus of warm water & pool time.



5 POOL SKILLS YOU CAN PRACTICE WITH YOUR CHILD

5 easy skills you, as a parent or care taker, can practice in the pool with kids to progress their swimming & boost their confidence.



WHAT TO EXPECT FROM BATHTUB LESSONS

What can you expect your baby to learn from bathtub lessons, and what you can do to prepare for them.



read the expanded articles



MIAMI/PALM BEACH LESSONS

Feb 1 - Feb 11

THE PROGRAM

February 1 - 11

This is a 10 day program that will be developed and catered to your child's skill level. Day 1 we'll assess skills and set goals for the remainder of the lessons.

We'd recommend scheduling as many lessons during this time period as you can, since it is an intensive short term program.

QUESTIONS/SCHEDULE

Please feel free to call or text Mikayla at +1 (631) 235-8293, or send an [email](mailto:SwimHamptons@gmail.com) to SwimHamptons@gmail.com





WINTER BREAK VACATION SPOTS

where time spent in the water is guaranteed

NICARAGUA

Listed as #7 on Condé Nast's "25 Best Places to go in 2025."

"Think of it as Mexico's Tulum before the over-tourism or Costa Rica's Santa Teresa without the crowds. Now is the time to catch on - before everyone else does." - Anna Prendergast, Condé Nast Travel. Popoyo and San Juan del Sur are our two recommended towns.

What you'll find: golf, surf, culture, friendly locals, safety, sunshine, warm water, and a lot of bang for your buck. And the best part about a Nicaragua vacation is that I can teach swim lessons wherever you decide to stay.

Recommended Places to Stay: Rancho Santana, Hacienda Iguanas, Mukul, Hide & Seek Resort.

[read the full Condé Nast article here](#)



COSTA RICA

Anywhere in Costa Rica is going to provide lush landscapes, crystal clear, warm waters, and a slowed down tropical outlook on life mixed with the luxury of first world. We'd recommend Nosara or Santa Teresa.

Nosara is, geographically, a smaller town that leans toward luxury, relaxation and rejuvenation, health, and slowing down. Whereas Santa Teresa emphasizes adventure, livelihood, entertainment, cultural dining and a younger atmosphere.



The pro of both is that they are a quick hop skip and jump from Nicaragua, so I could easily meet you there and teach swim lessons.



WINTER BREAK VACATION SPOTS

continued

MALDIVES

A bit of a journey but once you arrive it's pure relaxation and warm waters. Originally marketed as a honeymoon must, the island has turned itself into a family vacation paradise.

Recommended to Stay: Per Aquum Niyama

With something for everyone from the kids club that has caretakers for 12 month olds, to the Xbox and simulation gaming room, to the beaches, snorkeling and banana boating; this is a vacation for the whole family.



ASPEN

Tried and true, and why change that?

With it's lengthy list of kids activities and events, and it's newly updated teen terrain park, it's a guaranteed vacation for all.

Whether it's smore's and hot chocolate you're most excited about, the spas and lounges, or the actual skiing, Aspen has it all.

Not to mention the pools at the St. Regis - talk about dream pool.

Recommended Place to Stay: St. Regis or revamped Hotel Jerome. Both offer on-site babysitting services so parents can enjoy, too.





5 SKILLS YOU CAN PRACTICE WITH YOUR CHILD IN THE POOL

you don't need to be a swim instructor to help practice

1. KICKING ON BELLY

Make it fun!

Play “Red Light, Green Light.” Lay on your belly facing the stairs, with both of your hands down on one of the steps so your feet are floating behind you. Red light: no kicking, yellow light: slow kicks, and green light: kicking as fast as you can. Alternate who gets to choose the color!



2. BUBBLES & EARS IN

Blow bubbles with your mouth first to “talk to the fishies under water.” Then tilt your head to the side and put one ear in the water to “listen to what the fishies say.” Have your child blow bubbles with their mouth while you put your ear in and listen, then switch.



3. CRAB WALKS

Place both hands on the wall, with your feet hanging below you and your belly facing the wall. Slowly begin to shuffle your hands one at a time from side to side. Your right hand moves farther to the right, and then your left hand follows - almost like they're playing catch up.

Make sure you keep both hands on the wall at all times.





5 SKILLS YOU CAN PRACTICE WITH YOUR CHILD IN THE POOL

continued

4. JUMPING OFF STAIRS

Stand a few feet away from the stairs, facing your child. Count to three together, and then encourage them to jump to you. You can experiment with how quickly you catch them - sometimes catch them before their mouth goes in, sometimes let them go all the way under. Play around with distance from steps and how long they are under water, depending on how comfortable your child is.

If this is easy, have your child jump from the side of the pool.



5. BACK FLOATS

This one can be tough.

The two main focuses are:

- 1: Support the back of your child's head
- 2: Get both ears fully submerged

Start with more support and lay the back of your child's head on your shoulders. Hold underneath their armpits and encourage them to straighten their legs, push their belly up, and keep their toes underwater.

As they get comfortable, you can take one hand away from the armpit, and hold underneath the head. If that feels comfortable, remove the other hand from the armpit so their whole body is floating, with just the support of your hand under their head.





WHAT CAN I EXPECT FROM BATHTUB LESSONS

how does it work and what is the benefit

I understand the skepticism. And I questioned it at first, too. But after teaching my first online bathtub lesson, I'm definitely in support of them.

Not only do studies show that children learn to swim at a younger age if they're introduced to water earlier in life, but there's something even more valuable going on here:

A chance to bond with your baby as you introduce them to the water and watch them learn and explore.

What you can expect is an opportunity to safely and confidently introduce your baby to the water, and a chance to watch them perform skills for the first time that you wouldn't imagine possible.

As a parent, you'll also have the support and guidance of someone who can explain the correct ways to perform each skill, such as:

- how to best hold your baby
- how to progress safely, without overwhelming your baby
- how to get them comfortable in a back float
- rolling from front to back
- and when and how to put them under water

If you have questions or want to know more about bathtub lessons, feel free to shoot us a text or email.