

Expectations for Parents:

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

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

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

Activity 1:

Sit on the side and splash

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

Sing:

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

Activity 2:

Review Jumping in together

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

Ask: "Do you want to go underwater?"

Adhere to their answer.

Cue: 1, 2, 3, Go!

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



Song

Ring around the Rosie: Play 1 x

Start standing or sitting on the side.

Sing song together as a group 2x.

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

Use QR code at top right for song.



Activity 3:

Demo Front Floats with support

Instructor uses dummy, or a swimmer participant to demo.

Hold like football

Hold with palms up, hands under belly and chest

Move through the water.

Activity 4:

Throw a toy and get it. 4 x

Sit on side. Throw a toy into water.

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

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

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

Song:

Wheels on the bus: Play 2 x

With a streamline and no KICKING get to ½ way:

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

Front floats

Hands on shoulders:

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

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

Go places by doing front floats together.



Flow of class:

Activity, Activity, Song.

Play games and sing songs as a group!

Give instructions in-between games and songs:

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