



Pre Lesson Check List

- ✓ Cap and goggles
- ✓ Towel for you and child
- ✓ Sun protection & water bottle
- ✓ Kickboard
- ✓ Water and environment conditions good



Lesson Procedure

SKILL 1
Breath Control

- | | |
|---|-------------|
| 1. Safe pool entry | 1 min |
| 2. Pool exploration and comfort | 2 - 4 min |
| 3. Big breath practice | 1 - 3 min |
| 4. Speedboat (kicking drill) | 1 - 3 times |
| 5. Holding breath practice | 1 - 3 min |
| 6. Pool exploration and game | 3 - 5 min |
| 7. Big breath & eyes in (only when comfortable) | 2 - 3 min |
| 8. Game and climbing out practice | 2 - 4 min |

Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Work at your child's pace. If they are comfortable with this Skill then move on.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

Your Notes