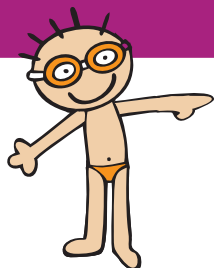


Pre Lesson Check List



- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



Lesson Procedure

SKILL 3
Back-Float

- | | |
|--|-----------|
| 1. Welcome song and paddle hands (song1) | 3 min |
| 2. Shoulder supported back-float | 3 times |
| 3. Toy chase | 1 - 3 min |
| 4. 2 or 1 hand supported back-float | 3 times |
| 5. Front float | 1 - 3 min |
| 6. Speedboat with song 2 | 3 times |
| 7. Back-float with bunny hop | 4 min |
| 8. Song and goodbye | 2 - 3 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.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

Song Lyrics / other content

Song 1

"Child's Name" is swimming today,
"Child's Name" is swimming today,
Lets all splash our hands cause,
"Child's Name" is swimming today,
Yay

Song 2

This is the way we splash our hands,
splash our hands, splash our hands,
this is the way we splash our hands
in our swimming lesson...
(can change "splash our hands"
with "kick our legs")

Song 3

If you're happy and you know it...
if you're happy and you know it...
if you're happy and you know it
then you really ought to show it,
if you're happy and you know it...
(try bouncing up and down, clapping hands
and waving bye bye)