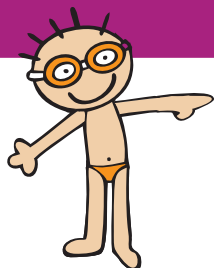


## Pre Lesson Check List



- ✓ 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 6  
Safety Basics

- |   |           |
|---|-----------|
| 1. Welcome song with paddle hands       | 2 - 4 min |
| 2. Submerge to self                     | 1 - 3 min |
| 3. Back-float with bunny hops           | 2 - 4 min |
| 4. Chairlift to wall with monkey monkey | 5 min     |
| 5. Climbing in & out practice           | 1 - 3 min |
| 6. Turning and resurfacing              | 4 min     |
| 7. Back-float practice                  | 2 - 4 min |
| 8. Final song (3) and toy chase         | 1 - 4 min |

## Helpful Hints

- Continue to work on safety skills even after you feel your child is ready to move on to the next level and skills.
- Try to change up this lesson from time to time to ensure that your child is able to react to an expected situation and under differing conditions.
- 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)