

## Safety Tips:

Know where swimmers are at all times; keep a watchful eye.

Shallow water  $\neq$  safe water; 2-4 years can fall, struggle, and get stuck. Stay attentive to all swimmers.

If sharing a public space (splashpad) then engage parents, but have them stay to the side. Be respectful of other children.

## Follow the leader

Gather class together. Be the "leader" first.

Walk through your shallow end putting your hands in position 11 for 2 steps, then clapping; repeat.

Designate a new "leader" and have class, including INS follow them. Repeat.



## Treasure Hunt

Gather horde of "treasure" (toys) for your ship (kickboard). Have a mix of floating and sinking toys.

Visit various locations in shallow end.

Hurricane (splashing) knocks your treasure to the bottom of the sea.

Participants go get treasure and return it to the ship.



## Dumpy in the Dingas!

With your shoulders in the water, ask swimmers if they want to go underwater.

If they refuse, they must push the instructor and say "Dumpy in the Dingas!"

The instructor then goes underwater.

Repeat!

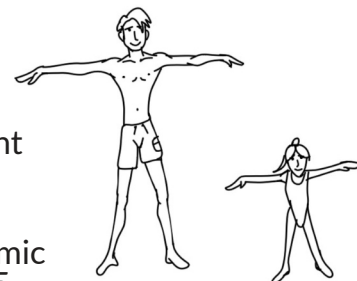


## Strike a Pose!

Instructor walks with swimmers to different locations in the shallow end or splash-pad.

At each place, the instructor must do a "dramatic" swim pose like Streamline, or front crawl, or airplane.

Swimmers must all mimic the pose and hold for 5 seconds.



## Keeping your class collected

Eyes on swimmers, back to others.

Keep your eyes on all of your swimmers at all times. This can be super challenging in a shared space like a splash-pad. Herd your swimmers together with your voice and physical presence.

Avoid turning your back to a swimmer.

Avoid abandoning a swimmer or forgetting where they are. Keep them close!



## Instructor Tips:

Smile! Smile often, frequently, a lot. Always. Your smile drives play.

Be the “life of the party.” Your actions set the tone for the class. Earn fun by being entertaining.

Be deliberate with your play; follow the games and challenges, or create your own but tie everything to a swim skill.

## Mushroom Man

If you have a spray feature that creates a “mushroom” or an umbrella of water.

Visit the mushroom man. To get in, you must go UNDER the waterfall.

Talk to the mushroom man inside the dome. Escape same way.



No spray feature? Use buckets, a hose, or a hula hoop. Improvise!

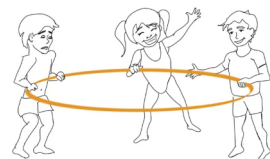
## Bake a Cake

Hula Hoop. Hold the hoop in a circle.

Take turns adding ingredients to the cake. Mix it up with your arm in the water. Put it in the oven underwater. Check on it with face in the water.

Eat the cake with splashes to the face or driving whole face in the cake.

The amount of fun you have increases your swimmer’s fun.



## Ring around the rosie

If you have life jackets, use them.

“Ring around the rosie, pockets full of posy, ashes, ashes, we all sing again!”

x3, on last refrain say “we all fall down!”

Hold hands in a circle and walk clockwise as you sing going faster and faster with each round.



## Toys and Scoops

Create a pile of buckets, scoops, floating toys, and objects.

Let swimmers pick from the pile and play with them.

Pour water and buckets on yourself and others.

Demonstrate with great enthusiasm how to play with each toy in the pool.



## All games lead to underwater

Whatever you’re doing suggest, request, ask, for the swimmers to put their face in the water.

Guppies has 3 main goals:

- Creating water comfort and trust through games and fun.

- Teaching swimming specific terms early so when they’re in a “level” class they know what to do.

- Start swimmers going underwater before level 1.

