

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
Parent puts their arm on top of child's hands between the child's legs.
The parent should always enter the water first.
Parent swings into the pool keeping hand on their child's hands.
Once in the water, grasp child's body or their hands.
We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 MOTORBOAT-ON THE SIDE

Child sitting on edge of pool.
Parent in the water holding child's feet.
Sing: "Motorboat, Motorboat go so slow, /
Motorboat, Motorboat, go so fast, /
Motorboat, Motorboat, STEP ON THE GAS!"
Move the child's legs slowly during the "go so slow".
Increase speed when you get to "go so FAST."
Move as fast as comfortable, or possible when you say, "step on the gas!"
Smile, and hold legs at feet or just above the knees. Encourage splashing.

03 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
Parent in the water holding child's hands.
Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"
When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

04 RAINING, POURING

Child in the water, sitting or held by parent.
Parent in water next to child or holding child.
Sing: "It's raining; it's pouring. /
The old man is snoring. /
He went to bed and bumped his head, /
And he wouldn't get up in the morning."
During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.
Alternate* Use a sprinkling can to do similar.

05 FRONT GLIDE

Child in the water held by parent.
Parent in the water holding child.
Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
Goal is to get child comfortable on their stomach and with their face looking down in the water.

06 BLOWING BUBBLES

Child in the water held by parent.
Parent in the water holding child.
Parent should hold child like catching a football (thumbs on chest, fingers wrapped around near back). Child should reach to the parent with hands on shoulders if possible.
Hold child as close to the water surface as possible horizontal.
Parent should lower body so only face above water.
Parent should encourage child to put lips in the water and blow.
Parent should do it and mimic.
Tilt child down so lips enter the water at least once. Smile and encourage blowing by parent demonstrating.
Parent should slowly walk backwards throughout.

07 ITSY BITSY SPIDER

Child in the water, sitting or being held.
Parent in the water, next to, or holding child.
Sing: "The Itsy Bitsy Spider climbed up the waterspout. /
Down came the rain, and washed the spider out. /
Out came the sun, and dried up all the rain /
And then Itsy Bitsy Spider climbed up the spout again."
Walk your hands up the child stomach, chest, shoulder and head during the "Climbed up the waterspout".
Dip hand in water and sprinkle water over child, or pour water from bucket on child when singing: "Down came the rain..."
Look at the "sun" on "out came the sun..."
Use hand to "climb" back up the child on last line.
Smile.

08

RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.

Parent in the water, either near or holding child.

Parent should have 3 toys that float.

Sing: "Rub-a-dub-dub,
Three men in a tub,
And who do you think they were?
The butcher, the baker,
The candlestick-maker,
They all sailed out to sea,
'Twas enough to make a man stare."

When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

11

TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.

Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are.
How I wonder what you are."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

09

PASSING TO THE WALL

Parent holding child in front of body facing away.

Parent should hold child horizontal facing towards the wall.

Count "1, 2, 3, GO!" and pass the child forward by extending arm.

Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

Intermediate: Parent lets go of child just before they reach the wall.

Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

12

BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.

Parent, in the water next to child or holding child.

Fill a bucket with water.

Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"

Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

10

BACK GLIDE

Child in the water held by parent.

Parent in the water holding child.

-Beginner:

Parent hold child on their back.

Child's head is on the parent's shoulder.

Parent shoulder is underwater.

Parent and child should be cheek to cheek.

Child feet pointed away from parent's chest.

-Advanced:

Parent hold child on back.

Child's head is held by parent's hand.

Parent is low in the water, palm up, holding child's neck and crown.

Parent other hand is holding child's back.

Child is feet away from child's back.

Parent can look down over child and smile.

Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

13

HOKEY POKEY

Child held by parent facing inside of circle.

Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!"

Right hand

Left hand

Feet

Face