

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 THROW A TOY ENTRY INTO THE WATER

Child begins sitting on the edge of the pool.
 Parent in the water with a toy, holding child's hand.
 Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
 Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

03 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.

04 MOTORBOAT-WITH FRONT GLIDE

Child in the water.
 Parent in the water holding child in front glide position (feet away from parent's chest, child's hand on the parent's shoulders. If too young, then child should grasp parent neck).
 Parent will hold child's legs just above the knee to control kicks.
 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!"

05 PASSING

Child help by parent or instructor.
 Parent holding child, or ready to receive child.
 Progression based on comfort:
 Hold child in front of body with child horizontal in the water.
 Have child facing the parent who is ready to receive child with a smile, arms outstretched.
 Count "1, 2, 3, GO!" Gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
 Beginner: Pass with up to the lips under the water
 Intermediate: Pass with up to the NOSE in the water
 Advanced: Pass child fully submerged.

06 RING AROUND THE ROSIE

Child in the water.
 Parent in the water.
 If able, create a circle with other parents and children.
 Sing together: "Ring-a-round the rosie, /
 A pocket full of posies, /
 Ashes! Ashes! /
 We all fall down."
 On "we all fall down" go underwater with you child, or to their level of comfort.
 Alternate verse:
 "Ring-a-round the rosie, /
 A pocket full of posies, /
 Hush! Hush! Hush! Hush! /
 We've all tumbled down!"

07 FRONT CRAWL ARMS

Child held by parent.
 Parent holding child in FRONT GLIDE position.
 Parent uses one hand to hold child up by holding chest with palm up.
 Parent uses other hand to grab child's arm and move it in a circle.
 Parent switches hands and alternates child's arms.
 Optional: Throw toy and do arm circles to the toy.

08 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!"

09 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.

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.

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.

12 BLAST OFF!

Child in the water held in FRONT GLIDE or BACK GLIDE position.
 Parent holding child.
 While holding child in either FRONT or BACK Glide position, get close to the wall and push child's feet against the wall so they are bent. Tell child on "3" they will "Blast off!" the wall and do a Front or Back glide.
 Say: "1, 2, 3, BLAST OFF!" and walk backwards quickly and go into a glide.

13 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.

14 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