

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.

02 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, / 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.

03 MOTORBOAT-WITH KICKBOARD

Parent in the water holding child's arms on top of kickboard. Parent's chest should be facing same direction as child's face. Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent. Sing: "Motorboat, Motorboat go so slow, / Move the child slowly during the "go so slow" Increase speed when you get to "go so FAST."

04 RUB A DUB DUB

Parent in the water, either near or holding child. Parent should have 3 toys that float. Sing: "Rub-a-dub-dub, / When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

05 FRONT GLIDE

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 FRONT CRAWL ARMS

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.

07 ITSY BITSY SPIDER

Parent in the water, next to, or holding child. Sing: "The Itsy Bitsy Spider climbed up the waterspout. / 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 RING AROUND THE ROSIE

Parent in the water. If able, create a circle with other parents and children. Sing together: "Ring-a-round the rosie, / On "we all fall down" go underwater with you child, or to their level of comfort. Alternate verse: "Ring-a-round the rosie, /

09 PASSING

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.

10 MOTORBOAT-WITH FRONT GLIDE

Parent in the water holding child in front glide position Parent will hold child's legs just above the knee to control kicks. Sing: "Motorboat, Motorboat go so slow, / 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!"

11 SCOOPING-GOING UNDERWATER

Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back) Progression based on comfort. Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water. Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water. Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.

12 BACK GLIDE

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.

Parent can look down over child and smile.

13 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.

14 BACK CRAWL ARMS

Parent holding child.

Parent holds child with one hand, palm up on back, child's head on surface of water in front of parent's body.

Use one hand to grasp child's arm and move it in a backwards circle motion.

Parent switches hands on child's back and makes circle motion with child's other arm.

15 MOTORBOAT-WITH KICKBOARD

Parent in the water holding child's arms on top of kickboard. Parent's chest should be facing same direction as child's face. Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.

Sing: "Motorboat, Motorboat go so slow."

Move the child slowly during the "go so slow"

Increase speed when you get to "go so FAST."

16 TWINKLE TWINKLE LITTLE STAR

Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star."

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

17 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."

During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.

18 BUCKETHEAD-THE BEST GAME EVER

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 "BUCKET-HEAD!!"

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

19 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.

20 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,"

Right hand, Left hand, Feet, Face