

## 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 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.

## 03 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.

## 04 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.

## 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 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.

## 07 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.

## 08 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.

## 09 SCOOPING-GOING UNDERWATER

Child in the water held by parent.  
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.  
Smile and Laugh when complete.

## 10 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.

## 11 BACK CRAWL ARMS

Child held by parent.  
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.

## 12 ROW ROW ROW YOUR BOAT

Child in the water held by parent in BACK GLIDE position.  
Parent holding child in BACK GLIDE position.  
Sing: "Row, row, row your boat,  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream."  
On the "row, row" part, take child's hands and do a back stroke with them, emphasizing pushing the water.  
Walk backwards throughout and sway back and forth in a zig, zag motion during the "merrily, merrily" part.

## 13 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!"

## 14 MOTORBOAT-WITH KICKBOARD

Child in the water on top of a 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, /  
Motorboat, Motorboat, go so fast, /  
Motorboat, Motorboat, STEP ON THE GAS!"  
Move the child 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!"

## 15 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!"

## 18 PASSING

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 Parent holding child, or ready to receive child.  
 Progression based on comfort:  
 Hold child in front of body with child horizontal in the water.  
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 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  
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## 16 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.

## 19 PASSING TO THE WALL

Parent holding child in front of body facing away.  
 Parent should hold child horizontal facing towards the wall.  
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 Child should reach out and grab the wall.  
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## 17 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.

## 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,  
 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