

Lesson 1

(Take this with you to the pool as a guide to help you.)

In this lesson you will be teaching your child pool safely, along with introducing swimming on the surface, water confidence skills and movement.

Safe Entry and Hold On

This is the safest way to enter the swimming pool and will also prevent any potential accidents.

- Ensure you're in the water first and can touch the floor.
- Sit your child on the poolside facing you with their feet in the water.
- Ask them to make a diamond shape with their hands and place them to the side.
- Turn them onto their tummy and slowly bring them into the pool.
- Ask them to hold onto the side and give them lots of praise.



Reassurance

Children pick up emotions, if you are calm and happy, they will be too.

- Once in the water give lots of praise.
- Hold them tightly if needed.
- Encourage splashing, waving and smiles in the water.
- Can they wash their face?
- If the pool is shallow encourage them to walk whilst holding their hands.



Next To Me Swim

Introduces your child to swimming flat on the surface of the water.

- Hold your child around the torso next to you.
- Ensure their mouth is clear of the water and they are in a nice flat horizontal position next to you.
- Encourage any movement in the water such as waving, splashing, kicking.
- Walk across or around the pool.



Chasing Toy with Scooping Arms

This skill encourages arm movement for front crawl.

- Start with your child sat on the side with their feet in the water.
- Show them how to scoop their arms.
- Grab a floating toy.
- Swim them around the pool in the next to me swim position.
- Chase the toy encouraging scooping arms, catch the toy, throw, and repeat to collect.
- Have fun!



Blowing bubbles

This skill is an introduction to blowing bubbles and teaches them breath control which will help with water confidence.

- Start by facing your child in the water.
- Staying at eye level with them show them how to blow bubbles in the pool.
- Ask them to copy you.
- Give lots of praise.



Splashy Toes

This skill introduces your child to kicking their legs and encouraging movement in the water.

- Start by sitting your child on the side.
- Ask them to kick their legs and make a splash.
- Can they splash you?



1,2,3, Splash

This skill introduces your child to jumping into the water, it also simulates them falling in. If your child accidentally fell into the pool this skill will help them not feeling alarmed as they are used to doing it. With practice this skill would keep your child calm if they accidentally fell into the pool.

- Start with your child sitting on the side.
- Say 1,2,3 SPLASH!
- Encourage them to splash into the water.
- You can keep hold on them and just splash them on the surface.



Twinkle Twinkle

This skill introduces your child to floating on their back.

- Start by asking your child to face away from you.
- Lie them backwards like they are lying down in bed.
- Rest their head on your shoulder.
- If they are happy, start walking backwards in the water so that they are traveling backwards too.
- Encourage your child to lie down and look up.



Safe Exit

This skill teaches your child how to climb out safely. Some pools don't have access to ladders or steps, so its good practice to exit this way and will also help them to build up strength to lift their body out of the water.

- Starting with your child holding the wall.
- Ask them to place both elbows on the pool side.
- Push themselves up onto their tummy.
- Bring one knee onto the pool side.
- Then bring the opposite knee/foot onto the pool side.
- Ask them to stand away from the pool edge.
- **Say, Elbow, Elbow, Tummy, Knee.**



Practice at home - practice blowing bubbles during their bath time.