

Water Babies Parent/Child Practice

- Water Adjustment: Kicking (flutter or breaststroke kicking on the side), splash, or sprinkle water
- Blow bubbles
- Front Float with support
- Front glide with support: Push off the wall like a superhero
- Kicking on front
- Back float with support
- Back glide: Push off the wall like a superhero, but on your back
- Kicking on back
- Submerge fully: Parent cues the child and dips down to the mouth and nose, then dips fully if the child is ready. Submerge a maximum of 3 times only if comfortable and no coughing.
- Practice swimming arms on front (similar to front crawl or breaststroke) with assistance.
- Practice swimming arms & legs on front (similar to front crawl or breaststroke) with assistance.
- Practice swimming arms on back (similar to back crawl or elementary backstroke) with assistance.
- Practice swimming arms & legs on back (similar to back crawl or elementary backstroke) with assistance.
- Underwater Exploration: Open eyes & retrieve object below surface and submerged.