



SURVIVAL INSTRUCTOR DIRECTIONS FOR NEW SWIMMERS

LESSONS 4-8- CHILD STILL MAY CRY, JUST CONTINUE TO TALK TO THE CHILD AND ASURE THEM THAT THEY ARE SAFE AND NOT HURT. USE POSITIVE REIGNFORCEMENT WITH "GREAT JOBS" AND HIGH FIVES.

ALWAYS MAKE IT HAPPY AND FUN!

1. CONTINUE TO WORK ON TRUST AND BEING COMFORTABLE GOING UNDER WATER

-FIRST 5 MINUTES-

HOLD CHILD CLOSE TO YOU, WITH ARMS WRAPPED AROUND YOUR NECK AND HAVE THEM KICK THEIR LEGS. IF THEY DO NOT KICK, YOU KICK THEIR LEGS FOR THEM AND TALK TO THEM ABOUT KICKING.

YOU MAY ALSO BE ABLE TO INTRODUCE THE KICK BOARD. HAVE THEM KICK FROM ONE STEP TO THE OTHER. HOLD THE KICK BOARD IN FRONT WITH ONE HAND, OTHER HAND ON CHILDRS BACK.

SING A SONG (RING AROUND THE ROSIE) AND GO UNDERWATER WITH THEM. TELL THEM TO HOLD THEIR BREATH. ONCE YOU COME UP, MAKE A BIG DEAL AND GIVE THEM A HIGH FIVE.

SWITCH BACK AND FOURTH FROM KICKING AND GOING UNDER WATER. REPEAT 10 TIMES

-NEXT 10 MINUTES

TALK TO THE STUDENT ABOUT PUTTING THEIR FACE DOWN, LOOKING AT THE BOTTOM OF THE POOL AND FOR YOUR HANDS UNDERWATER, WITH THEIR HANDS OUT "LIKE SUPERMAN" TELL THEM TO PUSH OFF THE STEP AND KICK THEIR LEGS. SMALL AND FAST KICKS. LEGS STRAIGHT AND TIGHT TOGETHER.

IF CHILD DOES NOT WANT TO DO WHAT YOU ASK, HOLD THEIR BELLY AND HAVE THEM LAY HORIZONALLY WITH FACE DOWN AND KICKING. TELL THEM TO KICK WITH FACE DOWN TO THE STEP. LET GO AND GLIDE THEM TO THE STEP. REPEAT 10 TIMES.

NEXT 5 MINUTES

HOLD THEM CLOSE AND HAVE THEM KICK THEIR LEGS AROUND THE POOL. THEN HAVE THEM ROLL OVER AND FLOAT. HOLD THEIR HEAD AND BACK. TELL THEM TO POINT THEIR CHIN AND CHEST TO THE SKY. TELL THEM TO DO "STAR FISH" LEGS OPEN AND ARMS OUT.

THEN SAY "123" UNDERWATER AND PUSH THEM UNDER AND GUIDE THEM TO THE EDGE OF THE POOL. SHOW THEM HOW TO "MONKEY CRAWL" AROUND THE EDGE OF THE POOL AND GET TO A STEP.

- DO THIS COMBINATION AT LEAST 5 TIMES.

NEXT 10 MINUTES

HAVE THE CHILD JUMP OFF THE EDGE OF THE POOL AND "FACE IN" TURN AND KICK TO THE EDGE OR STEP. GUIDE THEM WITH YOUR HAND AT FIRST. REPEAT 5 TIMES

HAVE THE CHILD JUMP OFF THE EDGE OF THE POOL AND HAVE THEM ROLL OVER AND FLOAT ON THEIR BACK. HOLD THEM FLOATING FOR 10 SECONDS. HAVE THE CHILD COUNT WITH YOU. THEN ROLL

THEM OVER TO "FACE IN" KICK TO THE EDGE OR STEP. REPEAT 5 TIMES.

LAST 5 MINUTES

WORK WITH THEM ON OPENING THEIR EYES UNDER WATER AND PICKING UP TOYS. NOW HAVE THEM THROW THE TOYS DEEPER AND HAVE THEM JUMP IN AND KICK TO YOU, LOOKING FOR YOUR HANDS. ONCE THEY SWIM TO YOU. HOLD THEM AND TELL THEM "1,2,3" UNDERWATER TO PICK UP THE TOY. GUIDE THEM UNDER WATER AND PUSH THEM DOWN FOR THE TOY. THEN HAVE THEM SWIM BACK TO THE STEP AND PUT THE TOY ON THE EDGE OF THE POOL.

REPEAT 10 TIMES.

HAVE THEM SWIM TO YOU AND YOU TELL THEM TO "ROCKET" OUT OF THE WATER. EXPLAIN TO THEM THAT THE WILL NEED TO JUMP OFF THE BOTTOM OF THE POOL. HOLD THEM VERTICALLY AND PUSH THEM UNDERWATER SAYING "1,2,3 ROCKET" REPEAT 5 TIMES.

FINISH LESSON BY PROVIDING THEM WITH A LOLLIPOP FOR A JOB WELL DONE AND FOR LISTENING AND TRYING THEIR BEST!