



## **SURVIVAL INSTRUCTOR DIRECTIONS FOR NEW SWIMMERS**

**FIRST 4 LESSONS-** CHILD MAY CRY, JUST CONTINUE TO TALK TO THE CHILD AND ASURE THEM THAT THEY ARE SAFE AND NOT HURT.

**ALWAYS MAKE IT HAPPY AND FUN!**

**1. WORK ON TRUST AND BEING COMFORTABLE GOING UNDER WATER**

**-FIRST 10 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.

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 5 MINUTES**

WORK WITH THEM ON OPENING THEIR EYES UNDER WATER AND PICKING UP TOYS. IF THEY DON'T WANT TO DO IT, GIVE THEM A

CHOICE OF DOING IT THEMSELVES OR YOU HELPING THEM. REPEAT 5 TIMES.

IF THEY ARE OLD ENOUGH TO COUNT FINGERS, ASK THEM TO GO UNDERWATER AND LOOK AT HOW MANY FINGERS YOU ARE HOLDING UP UNDER WATER. REPEAT FIVE TIMES.

### **NEXT 10 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.

### **LAST 5 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.