

Level 1: Water Exploration (Shallow water lesson)

- **Fully submerge face in water**
- **Hold breath under water**
- **Front and back float with support**
- **Kicking on front and back with support**
- **Enter and exit the water independently**
- **Skill: Fully submerge face in water (NO NOSE-PLUGGING!)**

- Activity: Blowing bubbles. Practice above water first, then in the water. Make sure face is fully submerged. Have some imagination, “Pretend you are singing to your fishy friends underwater!” Kids love playing pretend J
 - **Front and back float with support (is able to start back float on their own by the end)**

- Activity: Start with back float until all kids are comfortable putting their face underwater. This skill takes time and will need to be repeated every day. For back float tell them to keep their belly button up towards the sky and place their hands either on their belly or out beside them without moving. Tell them to keep their chin up as well and look up at the sky.
- Activity: Front float can be mastered after the child is comfortable putting their face in the water and holding their breath. Work on those skills first, then ask them to pretend like their sleeping in the water on their stomach. The trick is to stay very still and look down at the bottom of the pool, keeping their feet parallel with their body.
- Your job: Keep one hand on the small of the back to support them and if need be, on their foreheads to keep their heads down on back float. For front float, support their stomach and keep their legs up.
 - **Kicking on front and back with support**

- Activity: Wall kicks are your best friend in level 1! Kids need to develop strong kicking skills if they are ever going to become good swimmers and the more they kick the better they become. Have kids hold on to the side of the pool and do “small, fast” kicks. We are not looking for kicks that make a big splash or kicks that are really big. We want kicks that make a little “white water” with legs that stay relatively close together and straight. Kids will want to do a “bicycle” kick but those are too big and ineffective.
 - **Enter and exit the water independently**

- Activity: You can offer jumping off the side of the 3 foot as a reward. Just don’t let it get too rambunctious.
 - **Other activity ideas:**

- Simon says
- Ring around the Rosy (once everyone likes going under water)
- Reward kids with the fishy toys that squirt and allow them to squirt you, not other kids
- Try to always phrase activities as a game, “Do you guys want to play a game?” It increases their excitement level.