

Swimming Lesson Plans

Welcome to Your First Swim Lesson!

During your first swim lesson, you will:

- Learn the Three Keys to Successful Swim Lessons
- Learn to Prepare Your Child for Swim Lessons the Fun Way
- Give Your Child Their First Swim Lesson

Three Keys to Successful Swim Lessons:

Be Safe: Your child's safety is in your control. Our swimming lessons show you step-by-step how to teach your child to swim, but only you can keep your child safe around water. If you are not comfortable with being in water with your child, we strongly recommend you hire a certified swim school to teach your child. No swim lesson guide, lesson plans or videos can take responsibility for your child's water safety.

Be Patient: Our secret to a fun swim lesson is to go at the child's pace. Children learn best when they are physically, emotionally and mentally ready to learn. This is why our swim lessons slowly introduce new water skills to your child when they are ready. So be patient and let your child learn to swim at their own pace. They will learn faster and enjoy the water more!

Have Fun: Learning to swim is a brand new experience for a child. Many children find swimming to be challenging in the beginning of the lessons. If you want to keep your child engaged during the lessons, make swimming feel like play time! Bring a few floating toys to the pool to play with between exercises and encourage your child with praise for a positive swimming experience. Keep swimming fun to have your child looking forward to each swim lesson with you!

Questions? We're here to help! If you have a question about how to teach your child to swim, ask or send us a video of your child's swim lesson. A certified swim instructor will solve your swim question in 48 hours. Send your questions/video to michelle@teachbabytoswim.com.

Swimming Lesson Plans

How to Prepare Your Child for Swim Lessons the Fun Way

Before we are ready to hit the pool for our first swim lesson, we need to teach your child two important lessons:

1. Bath Time Can Be Fun
2. Water Is My Friend

Bath Time Can Be Fun:

Is your child's bath time an enjoyable experience for both you and your child? For most families, bath time can be challenging. If bath time has lots of crying or complaining here are three tips to help your child have more fun in the bath.

1. Sing or tell stories during bath time.
2. Ask your child what toys they would like to bring to the bath (You can do this during your swimming lessons too.)
3. Bathe younger and older siblings together. This way, a fearful child can see there is nothing to be afraid of.

When we work on having an enjoyable bath time, we are also helping our child prepare for easy and fun swimming lessons.

Water Is My Friend:

You can help your child overcome a fear of water using squirt toys and a "rain bucket" during bath time.

1. First, use squirt toys in non-soapy water to squirt other toys. Show your child it is ok for the toys to be splashed with water. Help your child squirt his or her favorite toys with water.
2. Next, make a "rain bucket" (a bucket or cup with holes in the bottom. Scoop some non-soapy water and sing "rain, rain go away" while you drip water on your child's hands and feet.
3. With practice your child will be comfortable enough to let you drip water on the back of their neck and top of the head. This is a big step towards helping your child get comfortable in the water for swimming lessons.

Practice these bath time exercises together. When you and your child feel ready to try your first swim lesson, move on to Swim Lesson 1: Blowing Bubbles!

Swimming Lesson Plans

BLOWING BUBBLES

Blowing Bubbles is the first exercise used for teaching your child breath control. Keep in mind this exercise takes most children several lessons before they are comfortable with Blowing Bubbles.



If your child cries during Blowing Bubbles, take a break to sing or play with a toy. When your child is calm, try again. If no progress is made, skip to Water Side Dip.



Step 1: Hold your child facing you in the shallow end of the pool. Your grip is light with your thumbs under your child's armpits and your fingers gently wrapping around their back. Take a minute to sing a familiar song and gently sway your child side-to-side. This will help your child relax in this new position.

Step 2: When your child is relaxed and comfortable, place your lips in the water and start to blow bubbles. You may need to blow bubbles for a few breaths until you have your child's attention.

Step 3: When you have your child's attention, encourage him or her to blow bubbles with you. Gently lower their head towards the water so their lips are just above the water. Only bring your child's lips in the water if they are blowing out of their mouth. Most children do not blow bubbles until many attempts. Keep demonstrating the bubbles for them and encourage them to blow bubbles.

When your child does blow bubbles, make sure to reward them with lots of praise and smiles!



Pro Tip: Next time you and your child are having soup, show them to blow on the soup to cool it off. Then, when you blow bubbles in the pool, you can ask them to pretend to blow the hot soup. You can even bring a spoon in the pool to help them understand blowing bubbles faster!