



# Lesson Plan

Level 1 - Babies Skill 1 - Conditioning

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 1  
Conditioning

- |   |             |
|---|-------------|
| 1. Safe entry and explore                   | 3 - 5 min   |
| 2. Song 1 and water play                    | 1 - 3 min   |
| 3. Toy chase                                | 3 - 5 min   |
| 4. Water pour - Name, Ready, Go!            | 4 - 6 times |
| 5. Song 2 and active water play             | 2 - 3 min   |
| 6. Water pour                               | 4 - 6 times |
| 7. Reward time (child's favourite activity) | 2 - 3 min   |
| 8. Finish with song 3                       |             |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)



# Lesson Plan

Level 1 - Babies Skill 2 - Front Floating

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 2  
Front Floating

- |                                     |             |
|-------------------------------------|-------------|
| 1. Welcome song and explore (song1) | 3 min       |
| 2. Water pour                       | 3 times     |
| 3. Front float- practice hold & NRG | 3 times     |
| 4. Toy chase                        | 2 min       |
| 5. Front float- parts of face in    | 3 times     |
| 6. Speedboat                        | 2 - 3 times |
| 7. Front float- face in if ready    | 4 - 5 min   |
| 8. Finish with song 3               | 2 min       |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)



# Lesson Plan

Level 1 - Babies Skill 3 - Back-Float

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 3  
Back-Float

- |  |           |
|--|-----------|
| 1. Welcome song and paddle hands (song1) | 3 min     |
| 2. Shoulder supported back-float         | 3 times   |
| 3. Toy chase                             | 1 - 3 min |
| 4. 2 or 1 hand supported back-float      | 3 times   |
| 5. Front float                           | 1 - 3 min |
| 6. Speedboat with song 2                 | 3 times   |
| 7. Back-float with bunny hop             | 4 min     |
| 8. Song and goodbye                      | 2 - 3 min |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)



# Lesson Plan

Level 1 - Babies Skill 4 - Submersions

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection & water bottle
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 4  
Submersions

- |  |           |
|--|-----------|
| 1. Welcome song (1) with paddle hands    | 2 min     |
| 2. Front float to parent                 | 3 times   |
| 3. Back float with bunny hop             | 3 min     |
| 4. Person 2 person front float (or self) | 3 - 4 min |
| 5. Speedboat - Song 2                    | 1 - 3 min |
| 6. Chairlifts and humpty dumpty          | 2 - 3 min |
| 7. Back-floating with bunny hops         | 5 min     |
| 8. Reward and final song (song 3)        | 3 - 5 min |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)



# Lesson Plan

Level 1 - Babies Skill 5 - Turning & Resurfacing

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 5  
Turn & Resurfacing

- |   |           |
|---|-----------|
| 1. Welcome song (1) with paddle hands     | 2 min     |
| 2. Front float to parent                  | 3 times   |
| 3. Back float with bunny hops             | 3 min     |
| 4. Turing and resurfacing practice        | 3 - 4 min |
| 5. Speedboat                              | 1 - 3 min |
| 6. Back-float                             | 2 - 3 min |
| 7. Chairlifts and humpty dumpty with toys | 6 min     |
| 8. Reward and final song (song 3)         | 3 - 5 min |

## Helpful Hints

- At this early stage your child's emotional state depends on yours. Try to stay relaxed, breath deeply.
- If at any stage your child seems highly stressed by an activity STOP IMMEDIATELY, allow your child time to relax and work on other activities. You can return to the drill later if your child is relaxed and comfortable.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)



# Lesson Plan

Level 1 - Babies Skill 6 - Safety Basics

## Pre Lesson Check List

- ✓ Have you scheduled swim time around eat and sleep times?
- ✓ Towel for you and baby
- ✓ Sun protection
- ✓ Swim nappy/diaper
- ✓ Water and environment conditions good



## Lesson Procedure

SKILL 6  
Safety Basics

- |   |           |
|---|-----------|
| 1. Welcome song with paddle hands       | 2 - 4 min |
| 2. Submerge to self                     | 1 - 3 min |
| 3. Back-float with bunny hops           | 2 - 4 min |
| 4. Chairlift to wall with monkey monkey | 5 min     |
| 5. Climbing in & out practice           | 1 - 3 min |
| 6. Turning and resurfacing              | 4 min     |
| 7. Back-float practice                  | 2 - 4 min |
| 8. Final song (3) and toy chase         | 1 - 4 min |

## Helpful Hints

- Continue to work on safety skills even after you feel your child is ready to move on to the next level and skills.
- Try to change up this lesson from time to time to ensure that your child is able to react to an expected situation and under differing conditions.
- Where possible have both parents or 2 adults that your child is comfortable with in the water. It is great bonding time with your child and both parents get a chance to learn the drills.
- Always consider environmental factors when swimming with your child. If conditions change that may have an adverse effect on your child STOP.

## Song Lyrics / other content

### Song 1

"Child's Name" is swimming today,  
"Child's Name" is swimming today,  
Let's all splash our hands cause,  
"Child's Name" is swimming today,  
Yay

### Song 2

This is the way we splash our hands,  
splash our hands, splash our hands,  
this is the way we splash our hands  
in our swimming lesson...  
(can change "splash our hands"  
with "kick our legs")

### Song 3

If you're happy and you know it...  
if you're happy and you know it...  
if you're happy and you know it...  
then you really ought to show it,  
if you're happy and you know it...  
(try bouncing up and down, clapping hands  
and waving bye bye!)