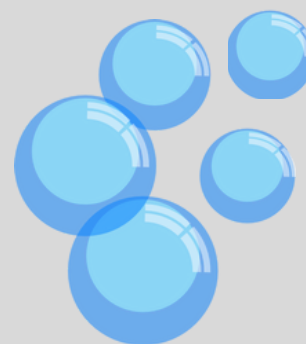


# TEACH YOUR CHILD SWIM BASICS IN 5 EASY STEPS

## Blow Bubbles

This action allows your child to hold their breath and prepares them for going under the water. Hold the child while blowing bubbles with them, splash and have fun, warming them up to the water.

1



1

2

3



## 1-2-3 Blastoff!

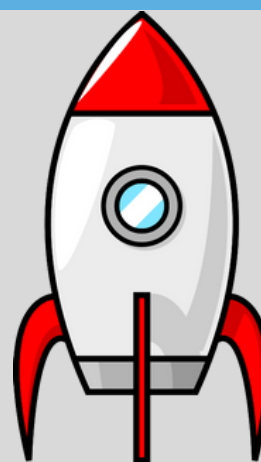
Hold child in an upright position, facing the wall. Push off the wall, use your hand to bring their head gently toward water. Ears under water, face up. Sing ABC's while moving backwards, ears still under water.

2

## Go Under in 1-2-3

Stand next to the wall, tell your child we're going to go under in 1-2-3 then gently dunk child under water. Bring them up and place their hands on wall so they hold the wall with legs straight down. Hold for 10 seconds.

3



## Jump in Water

Child standing or sitting on pool ledge, hold their hands and have them jump in water. Quickly pull them up, turn them to face ledge. Hold for 10 seconds.

4

## Climb Out of Pool

Have child hold onto pool wall for 10 seconds. Then show child how to pull themselves from the pool. This is important if a child falls in, they know to go to the wall and get out.

5

