

Parent/Child Skills

- Out-of-water exploration
- Water adjustment
 - Kicking
 - Splash water
 - Sprinkle water from can
- Enter and exit the water lifting in - shoulder support
- Enter and exit the water
 - Seated position - rolling over and sliding in
- Enter and exit the water
 - using a ladder
 - Stepping or jumping in
- In-water exploration - hip staddle or shoulder support
- Water adjustment - hip staddle
- Explore the pool
- Front float - shoulder support
- Front glide - shoulder support
- Leg action on front - hug
- Blow bubbles on the surface
- Back float - cuddle
- Back float - hip support on back
- Front glide to wall - side to side support
- Back glide - cuddle
- Leg action on back - cuddle
- Enter and exit the water walking in - hip straddle
- Submerge mouth and nose
- Submerge (if the child is ready)
- Blow bubbles with mouth and nose submerged
- Front glide with support
- Back glide with support
- Putting on lifejackets
- Roll from front to back wearing life jackets
- Roll from back to front wearing life jackets
- Roll from front to back
- Roll from back to front
- Alternating or simultaneous leg action on back
- Alternating or simultaneous leg action on front
- Alternating or simultaneous arm action on front - arm stroke and shoulder support on side
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Underwater exploration - open eyes and retrieve objects below the surface and submerged
- Bobs

Safety Topics

- The Importance of Wearing a Life Jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic Water Safety Rules
- General Water Safety Around the Home
- Recreational Water Illness
- Sun safety
- Safety at the beach and at the waterpark
- Reaching assists
- Water Toys and Their Limitations