

Fall 2020 Swim Lessons

WATER BABIES and WATER TODDLERS

Front Floats	The Hug Position: parent faces child while child holds parent around the neck	
	Hip Support Position: parent faces child while parents support hips/thighs.	
	Armpit Support Position: parent faces child and supports them by armpits	
	Side to Side Position: child is placed on one side and parent holds armpits	
Back Floats	Sandwich Position: child's head rests on parent's shoulder w/arms supporting back and tummy	
	Hip Support Position: child's head rests on parent's shoulder w/ both arms supporting their back	
	Chin and Back Support Position: One hand supports back while the other supports their chin	
	Neck and Back Support Position: One hand supports back while the other supports the neck	
Front float while kicking		
Back float while kicking		
Comfort in the water		
Comfort in reaching for objects in front of them		
Correct use of a kickboard		
Front push-off		
Back push-off		
Monkey, Airplane, Rocketship- Elementary Backstroke Arms		