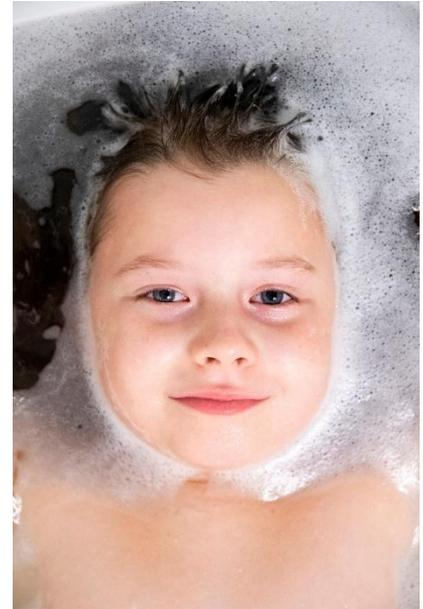




SWIMMING AT HOME

Back floats can be challenging! Young swimmers don't always like the feeling of water in their ears. They will become more comfortable the more they practice. The bathtub is a great place to practice this skill because of the small area and the proximity to the bottom of the bathtub. For beginners, start with about six inches of water in the bathtub. To assist a young swimmer, parents can place one hand behind the swimmers' head and one hand under the back. Help your swimmer to relax by taking deep breaths and tipping their head back so that their chin is up. Try to remain in this position for as long as possible. As your swimmer becomes more comfortable, you can add more water to the bathtub to allow more floating.



Here are some activities to encourage back floating:

Twinkle, Twinkle Little Star

Twinkle, twinkle little star, how I wonder what you are.
Up above the world so high, like a diamond in the sky.
Twinkle, twinkle little star, how I wonder what you are.

Rock A Bye Baby

Rock a bye baby, in your small boat
when the wind blows, your small boat will rock.
When the wind falls, your small boat will float
Safely to shore, baby and all.

Be Like...

While in the back float position, ask the swimmer to pretend to be like the following: a feather, a cloud, the letter "I," a rocket, an airplane.

Animal Float

Ask swimmer which animal they would like to be; a starfish, puffer fish or barracuda. A starfish is a back float with arms and legs as far out as possible. A puffer fish is a back float with tummy as big as possible. A barracuda is a back float with arms overhead and legs straight and taut.

Target Float

Have swimmer focus on a spot on the ceiling as they do the back float.