

# BABY SWIMMING

## WATER SAFETY SKILLS PROGRAM



### *PURPOSE AND BENEFITS*

*This program teaches basic water safety skills to even the youngest baby. It will give your baby the confidence to back float unaided, and the skills to kick up to the surface, turn around in the water, and hold on to the nearest object.*

*The program provides not only vital life-saving skills. It introduces your baby to the benefits of an active lifestyle, such as stronger heart and lungs, improved general health, greater mental alertness and improved coordination in the early years.*



The program is the beginning of an adventure for you and your baby, deepening the bond of love and trust between you—and developing a mutual sense of fun.

### ***PROGRAM STEPS***

- 1) Introduction of Baby to the Water
- 2) First Visit to the Pool
- 3) Backfloating and Splashing
- 4) Hold On and Turn
- 5) First Underwater Swim
- 6) Underwater Swim Unaided
- 7) Swim Off the Side
- 8) Learning to Breathe
- 9) Underwater Turn
- 10) Belly Flop into the Water
- 11) Drop In and Turn Back



**INSTRUCTOR**  
*ANASTASIA ROZHENKO*

Anastasia Rozhenko was trained over two years by Lauren Heston, founder of Little Dippers, who has been offering baby swimming classes for over fifteen years with over 10,000 babies completing her course (see [www.littledippers.co.uk](http://www.littledippers.co.uk)). Anastasia trained her own two newborn daughters from birth to acquire water safety skills, love the water and enjoy a family aqua culture.

Anastasia also has experience in providing underwater photo art of baby and family and is currently developing this in Kauai.





## *CONTACT*

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