



# A DAY AT THE POOL

WHAT CAN I EXPECT OF MY SELF-RESCUE SKILLED CHILD?

## AGES 1-2 YEARS

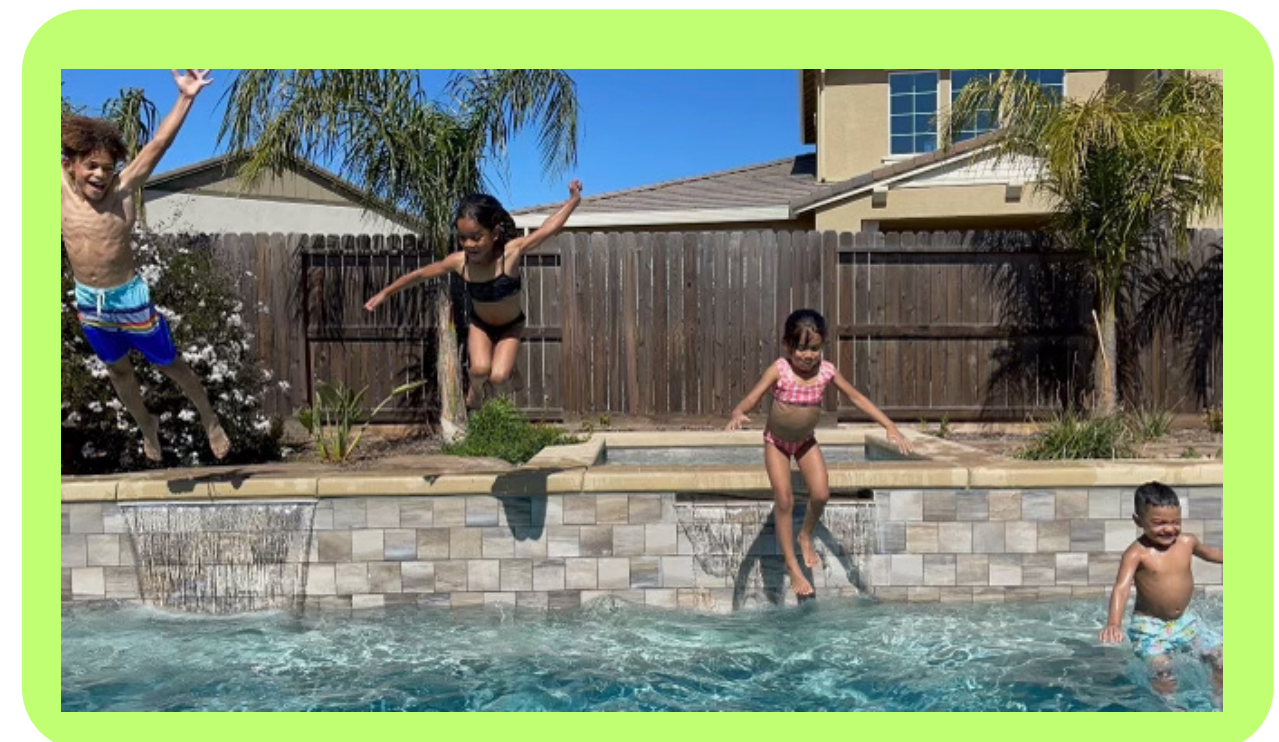
- Toddlers love to splash and play in the shallow water or on the pool stairs.
- They will likely want to be held when in water over their head.
- They may enjoy swimming between an adult and the wall or stairs for 5-10 minutes.
- Expect to see them use their swim-float-swim skills if in water over their head.
- Hold your babies when in and around the water.

## AGES 2-4 YEARS

- These children love to splash & play in the shallow water or on the pool stairs.
- They may prefer to swim, or may want to be held when in water over their head.
- Many enjoy swimming between an adult and the wall or stairs for 10-30 minutes.
- Expect to see them use their swim-float-swim skills if they find themselves in water over their head.

## AGES 4-6 YEARS+

- These kids will enjoy swimming, but may want or need a grownup to be within arms reach.
- They can exhibit strong swim skills for 20-60 minutes.
- Expect to see them use their swim-float-swim skills if they find themselves in water over their head.
- Many kids will continue to enjoy splashing and playing in shallow water or on the pool stairs.



**CONTINUED REFRESHER  
LESSONS FOR SWIMMERS OF  
ALL AGES WILL RESULT IN  
INCREASED CONFIDENCE TO  
USE THEIR SKILLS FOR FUN!**

**FOR MORE RESOURCES SCAN OR VISIT:**

[castwatersafety.org](https://castwatersafety.org) | [@castinghope\\_](https://www.instagram.com/castinghope_)

