

# A DAY AT THE POOL

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

### AGES 1-2YRS.

- 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 & AROUND THE WATER.



### AGES 2-4YRS.

- 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 4-6YRS.+

- THESE KIDS WILL ENJOY SWIMMING BUT MAY WANT OR NEED A GROWN UP TO BE WITHIN ARMS REACH.
- 4-6 YR OLDS 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.
- THEY WILL CONTINUE TO ENJOY SPLASHING & 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!**