

TRAIN FOR A LIFETIME  
INFANT VIDEO

Any information supplied from this program is for educational purposes or general guidance towards aquatic safety only. It is always advised to enroll in a water safety class or purchase an instructional water safety video.

Health related information provided from this program does not substitute for medical advice. All medical decisions should be answered by your medical physician before making any decisions.

Parsons, LLC., shall not be responsible for any damages whatsoever, consequential or otherwise.

TRAIN FOR A LIFETIME

INFANT LESSON PLAN: 1 MONTH TO 11 MONTHS

BATHTUB SAFETY  
INFANT EXERCISE WARM UP ROUTINE  
INFANT AND PARENTS  
INFANTS REACHING TECHNIQUES  
INFANT KICKING PROPERLY  
INFANT BACK FLOAT  
INFANT PRONE FLOAT  
INFANT SKILLS TO DO TOGETHER WITH PARENTS  
INFANTS PROPERLY TAUGHT TO GO UNDERWATER  
INFANT UNDERWATER DIVE  
REWARD CHILDREN AT THE END OF THE CLASS.

TODDLER LESSON PLAN: 1 YEAR TO 5 YEARS

BATHTUB SAFETY REVIEW  
TODDLER EXERCISE WARM UP ROUTINE  
TODDLER ENTERING THE POOL  
TODDLER UNASSISTED REACHING TECHNIQUES  
TODDLER KICKING PROPERLY  
TODDLER LEARN ARM STROKE FOR FREESTYLE  
PRONE FLOAT – PRONE GLIDE  
BACK FLOAT – BACK GLIDE  
BACK FLOAT WITH ADDING ARM STROKE, OF ELEMENTARY BACKSTROKE  
OPEN WATER SELF LAKE RESCUE FROM A DOCK.  
PFD SAFETY AND USE  
JUMPING IN FEET FIRST – SAFETY REASONS  
GAMES AND SONGS  
REWARDS AT THE END OF THE CLASS