

Water Babies

Instructor's Name:	Participant's Names:	1	2	3	4	5	6	7	8	9	10
Date:											
Time:											
Enter water by parent lifting them in.											
Entering water by rolling over and sliding in.											
Enter water by jumping in.											
In water exploration.											
Blowing bubbles on surface of water.											
Blowing bubbles with mouth and nose submerged.											
Submerging mouth, nose and eyes (dunk day).											
Front float w/assistance											
Back float w/assistance											
Leg action on front.											
Leg action on back.											
Arm action on front.											
Arm action on back.											
Lifejacket: proper fit/Importance of wearing them.											
Water safety around the house.											

Notes: