

HOOK SWIM SCHOOL STARFISH AWARDS

STARFISH 1

- The teacher assists the baby to enter the pool safely.
- Swing baby to familiarise baby with the water.
- Parents support babies on the front to enable movement freely around the pool.
- Parents support the baby on the back to enable movement freely around the pool.
- Encourage the baby to wash and splash their face with water.
- Teacher to assist the baby to leave the pool safely.

STARFISH 2

- Parents hold the baby facing them and submerged themselves in the water for the baby to see.
- Parents move the baby freely around the pool using the safety hold.
- Bobbing baby up and down.
- Parents support the baby on back whilst walking backwards & zigzagging through the water.
- Encouraged the baby to hold onto the poolside, with assistance if necessary.
- Encouraged the baby to wash their face with water or submerge the baby in the water.

STARFISH 3

- Parents support the baby under the arms and lift the baby from the poolside gently into the water.
- Encourage baby to move from front to back positions.
- Parents support the baby and encourage them to reach for a toy whilst moving across the pool.
- Parents support the baby on their back and encourage a kicking action.
- Parent to support baby on back using the safety hold and making a star float
- Using a buoyancy aid to support the baby whilst floating in the water on their front.

STARFISH 4

- Parents to support the baby under the arms and encourage movement into the pool from Poolside.
- Support the baby in a forward hold and gently submerge the baby.
- Hold the baby and move around the pool while encouraging movement from the baby.
- Encourage the baby to roll from a front position to a back position with support.
- Encouraged movement from baby by swiftly walking backwards while supporting baby on back.
- Assist and encourage the baby to hold onto the poolside and climb out with support.

STARFISH 5

- Parents support the baby under the arms and encourage them to jump into the water from a standing position on the poolside.
- Support baby while encouraging them to roll from a back position to a front position.
- Encouraged baby to make kicking movements with support on a Woggle.
- Encouraged the baby with cues to submerge his mouth to blow bubbles.
- Swim around the pool with the baby.
- Supported baby in a front hold to move forwards and grasp a toy, then returning with support in a back float position.

STARFISH 6

- Encourage the baby to enter the water freely from a sitting position on the poolside.
- Encouraged baby to move freely through water, unsupported with the use of a buoyancy aid.
- Encourage the baby to submerge face and blow bubbles.
- Move supported baby in a figure of eight or snaking pattern through the water.
- Support Baby and submerge in a duckling dive towards the poolside and encourage the baby to hold onto the poolside and climb out with support.