

# SEA BABES

## 6 MTHS - 2 YRS



**AT RWB ACADEMY, WE UNDERSTAND THE IMPORTANCE OF TEACHING WATER SAFETY AND DEVELOPING SOLID SWIMMING SKILLS FROM AN EARLY AGE. THAT'S WHY WE ARE PROUD TO PRESENT OUR SEA BABES PROGRAMME, SPECIALLY DESIGNED FOR CHILDREN AGED 6 MTHS - 2.5 YEARS. THIS SWIMMER MUST BE ACCOMPANIED BY A PARENT/GUARDIAN.**

# SEA BABES 6 MTHS - 2 YEARS



## STAGE ONE 6 - 12 MONTHS

## STAGE TWO 12 - 18 MONTHS

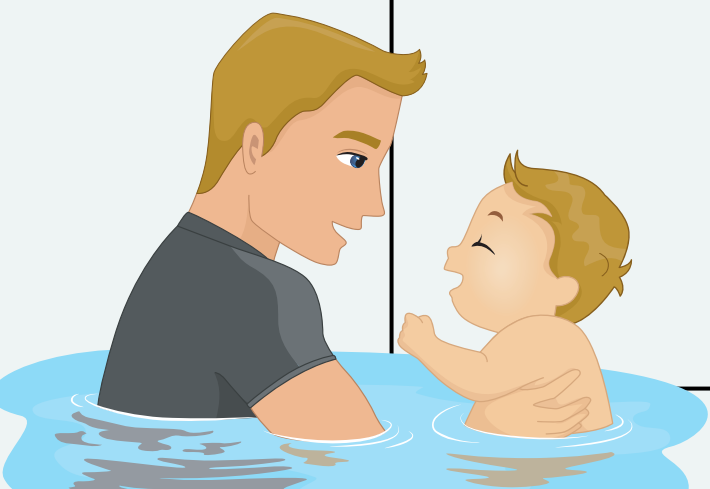
## STAGE THREE 12 - 30 MONTHS

- ENTER AND EXIT WATER SAFELY WITH FULL ADULT SUPPORT (IF CHILD IS UNABLE TO SIT UP THEY MAY BE PLACED TO LIE DOWN)
- FLOAT ON BACK FULLY SUPPORTED BY PARENT THEN BE RETURNED TO VERTICAL-CHIN TO CHEEK, LYING ON SHOULDER OF PARENT/IN REVERSE LYING IN ARMS OF PARENT WITH FEET ON PARENT'S SHOULDER
- BE AT EASE WITH WATER POUED TO THE BACK OF THEIR HEAD
- WHILE PARENT IS IN CONTINUOUS MOTION SWIMMER IS TO BE BOUNCED UP AND DOWN WITH WATER GOING NO HIGHER THAN CHEST HEIGHT AS WELL AS SIDE TO SIDE WITH ONLY EAR ENTERING THE WATER(FACE REMAINS OUT OF THE WATER)
- HAND TO HAND-PASSING FROM PARENT TO INSTRUCTOR
- REMAIN AT EASE WHILE WATER IS GENTLY POUED DOWN FACE FROM TOP OF HEAD

- ASSISTED SPIDER WALKS ALONG GUTTERING/WALL OF BIG POOL
- BE AT EASE WHILE BEING TRANSPORTED ON BACK WITH SHOULDERS SUBMERGED
- BE AT EASE WHILE BEING TRANSPORTED ON STOMACH WITH SHOULDERS SUBMERGED
- BE AT EASE WITH FACE BEING WASHED OR WATER STREAMING DOWN FACE
- REMAIN ON STOMACH SUPPORTED BY NOODLE UNDER ARM PITS AND PERFORM A RUNNING/KICKING ACTION ASSISTED BY INSTRUCTOR/PARENT HOLDING THE NOODLE AND SWIMMER
- WHILE IN SHOULDER DEEP WATER, BLOW PIT BALL ACROSS POOL WITH MOUTH REMAINING OUT OF THE WATER
- COMPLETE A 360 DEGREE TURN REMAINING VERTICAL WITH FULL SUPPORT WHILE ARMS'S LENGTH AWAY FROM PARENT(FACE REMAINS OUT OF WATER)
- ASSISTED BY PARENT: DISPLAY STARFISH FLOAT POSITION ON BACK
- BE DIPPED UNDERWATER WITHOUT VISIBLY DRINKING WATER(UNDERSTANDING THE CONCEPT OF CLOSING MOUTH WHEN MOUTH IS UNDERWATER)

- BLOW BUBBLES THROUGH MOUTH WITH ONLY MOUTH SUBMERGED
- ASSISTED BY INSTRUCTOR: BE TRANSPORTED ON STOMACH WITH FACE IN WATER
- ASSISTED BY INSTRUCTOR:REMAIN HORIZONTAL ON STOMACH MOVING LEGS IN KICKING ACTION(NOODLE CAN BE USED TO PROVIDE SUPPORT)
- PARENT ROLLS SWIMMER FROM BACK TO STOMACH AT AN ARM'S LENGTH AWAY FROM THEM THEN PULLS SWIMMER INTO THEM UNDERWATER
- ASSISTED BY PARENT: SWIMMER ROLLS FROM THEIR STOMACH UNTO THEIR BACK (WITH FACE IN WATER)
- BE SUBMERGED WITHOUT DRINKING WATER
- ASSISTED BY PARENT:FALL FORWARD INTO THE POOL FROM A SEATED POSITION TO PARENT WHO IS IN THE WATER
- OPEN EYES UNDERWATER FOR 3 SECONDS
- HANG ON TO GUTTERING/WALL OF BIG POOL, TURN 180 DEGREES TO PARENT AND BE TRANSPORTED OFF WALL BY PARENT
- BE TRANSPORTED ON BACK WITH EARS SUBMERGED
- ASSISTED BY INSTRUCTOR: STARFISH FLOAT ON STOMACH(FACE IN WATER)

## INTRODUCTORY SKILLS



# SEA BABES - 6 MTHS - 2 YRS PROGRESSION CHART



SEA BABES  
6 MTHS - 2 YRS

**STAGE ONE**  
6 - 12 MONTHS

**STAGE TWO**  
12 - 18 MONTHS

**STAGE THREE**  
12 - 30 MONTHS

SEA BABES  
6 MTHS - 2 YRS

SEA SHELLS  
2.5 TO 5 YRS

**STAGE NINE**

STAGES FOUR TO EIGHT

**STAGE THREE**

SEA SHELLS  
2.5 TO 5 YRS

SEA STARS  
6 TO 12 YRS

**STAGE THREE**

STAGES FOUR TO EIGHT

**STAGE NINE**

**STAGE TEN**

SEA STARS  
6 TO 12 YRS

**COMPETITIVE  
SWIMMING**

**STAGE NINE**

TEEN/ADULTS  
13 YRS PLUS

N.B. THERE ARE OTHER OPTIONS AVAILABLE THAT WILL BE DEMONSTRATED IN OLDER AGE GROUP PROGRESSION CHARTS