

Diaper Dolphins

Pre-Requisite	<ul style="list-style-type: none"> • Achieved Baby Bonding skills • Child able to walk and/or over 12 months old • 2nd Year of life in the pool
Description	<ul style="list-style-type: none"> • Sing along and active class for babies to develop balance, self confidence, vocabulary and feel comfortable in water
Objectives	<ul style="list-style-type: none"> • To Learn how to interact safely and respect water with a caretaker. The baby will start to understand the repetition based learning achieved in the prior level
Time Commitment to Safety	<p>Recommended annually, either/or,</p> <ul style="list-style-type: none"> • 36 weekly 40 min group lessons: 4 seasons annually during school year / 8 weeks each approx. • 40 sessions of 20 min of 1 on 1 instruction parent and child
Exit Skills	<ul style="list-style-type: none"> • Breathing & nose protection <ul style="list-style-type: none"> - Can hold breath at least 5 seconds - Baby attempts rolls and summersaults and is not troubled in the nose - Does not drink, swallow, or sniff water while inside • Safety & flotation <ul style="list-style-type: none"> - Baby floats holding caretaker's hands - Glide on back, can offer resistance to putting ears in the water • Body movement & balance <ul style="list-style-type: none"> - Parent and child enter and exit the water safely - If able to walk, child can sit and crawl backwards on steps, parent assist to prevent slips, trips or falls - Baby grabs caretaker's hand when entering water and may cry briefly, quickly perceives environment as safe - Can walk in shoulder deep water, without holding on to rail - Baby responds to cue of going under the surface of the water, exits within 3 seconds and recovers without swallowing water or coughing • Navigation <ul style="list-style-type: none"> - Without holding hand, paddles with 2 arm on the front comfortably 5 - 8 ft. from steps, table or wall toward caretaker - From caretaker paddles with both arms to steps, table or wall on front with assistance, 8 - 10 feet - Can fetch toys in 2 - 4 feet of water depth, with assistance

