

SKILL PROGRESSIONS - STARFISH 1 - DIPPERS

SKILL	PROGRESSIONS
BACK FLOATING	BACK FLOATING
	ONE HAND SUPPORT - FACE TO FACE
	FACE TO FACE - MOVING
	OVER THE SHOULDER CHEEK TO CHEEK - IF NEEDED IN THIS LEVEL DUE TO AGE OF BABY
SEAT HOLD	SEAT HOLD SHOULDER LEVEL
	SEAT HOLD WAIST HEIGHT
	SEAT HOLD SWISHING
BACK SWIMMING	EXTENDED ARM BACK POSITION
HUMPTY DUMPTY	GENTLE VERTICAL ENTRY - BOUNCE ON SPOT
	ENTRY - ADD SWISH/ROTATION ON SPOT
	TUMMY KISSES AFTER ENTRY
SWIM POSITION	EXTENDED ARM SWIM POSITION
	ACTIVE SWIM
	SIDE SWIM IF NEEDED FOR AGE OF BABY
BUBBLES	STATIONARY BUBBLES - FACE TO FACE
	EXTENDED ARM SWIM - MOVING
CRADLE HOLD	CRADLE HOLD - GENTLE MOVEMENT
	CRADLE HOLD - WATER SPRINKLE
ARMCHAIR FLOAT	STATIONARY AND SUPPORTED INDIVIDUALLY
BOUNCE BOUNCE	GENTLE SWING DIPS AND SIDE TO SIDE

SKILL	PROGRESSIONS
NRG	ADD MORE WATER
MAT WORK	LIE ON MAT ON BACK
	LIE ON MAT ON FRONT
UNDERWATER SWIM	TEACHER TO PARENT FACE DIP
	PARENT EXTENDED ARM FACE DIP
	TEACHER TO PARENT FULL SWIM
	PARENT SIDE SWIM FACE DIP
	PARENT SIDE SWIM FULL SWIM