

SUGGESTED WARM UPS (DIPPERS - PADDLERS)



DIPPERS	SPLASHERS	DIVERS	PADDLERS
SAFE ENTRY	SAFE ENTRY	SAFE ENTRY/CLIMB IN	SAFE ENTRY/CLIMB IN
CUDDLES AND LOWER INTO WATER	CUDDLES AND LOWER INTO WATER	CUDDLES AND LOWER INTO WATER	CUDDLES AND LOWER INTO WATER
BOUNCE/SWIM/CUDDLES/ CRADLE HOLD	BOUNCE/SWIM	BOUNCE/SWIM	SWIM
BOUNCE BOUNCE SONG	BOUNCE BOUNCE/WARM UP SONG	BUBBLES - FACE TO FACE/WARM UP SONG	BUBBLES - FACE TO FACE/ ACTIVITY/SONG