

Oxford Swimming Academy - Dippers

Starfish 1

THINGS TO INCLUDE/SONGS	SAFETY
BACK FLOATING	SAFE ENTRY WITH BABY
SWIM POSITION	SAFE EXIT WITH BABY
CUDDLES	
BOUNCE BOUNCE SONG	
NRG	
SEAT HOLD	
BACK SWIMMING SONG	
BUBBLES - PARENT	
ACTIVE SWIMS	
CHEEK DIPS	
HOLDING HANDS POSITION	
HUMPTY DUMPTY	
BALLS IN THE MIDDLE OF THE CIRCLE	
SWIM POSITION WITH TOYS	
LIE ON MAT ON BACK	
LIE ON MAT ON FRONT	
UNDERWATER SWIM	
WOGGLE TUNNEL/RAINBOW	
MIRROR WORK	
SWING DIPS	
SEAT HOLD/SAFETY HOLD	