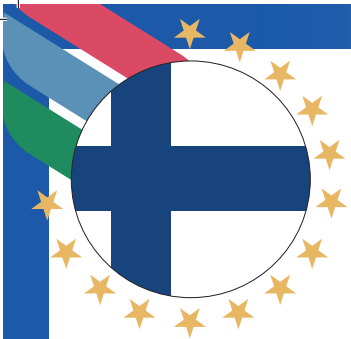




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Babyswimming

Description:

Babyswimming, floating on your back.

1. Familiarizing with the back floating position. The adult is in the back floating position with hydro noodles and the baby is positioned on the stomach of the adult.
2. The baby is in back floating position with ears under water, supported under the shoulder blades by the adult.

Goals:

Familiarizing with water, enjoying swimming, body awareness, finding a relaxed floating position, balance in stillness

References:

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