

Elements of safety for preschool swimming instruction start with “Mommy and Me” and continue into “Bubble Blowers” and “Pool Puppies”.

Join us at the Center for Healthy Generations

Call for information 760-365-9661 and to schedule a class.

Mommy and Me

Instruction at this level is for the parent to interact with their child with guidance from our instructors.

Bubble Blowers

I. Water Confidence

- Blowing bubbles
- Prone position
- Retrieving objects

II. Glide

- Floating
- Pushing off
- Keeping eyes open under water



Pool Puppies

All of the Bubble Blowers requirements

III. Climb in and out of the pool with or without assistance

IV. Dog paddle, float or glide to get out of the pool without assistance