

Table of Content

Introduction

Step 1: Enjoying the water

Step 2: Moving to deep water

Step 3: Floating Alone

Step 4: Going It Alone

Step 5: Swimming Alone

Step 6: Swimming Water Polo Style without Supports

Step 7: Getting stronger

Step 8: Getting Your Child to Put His Face in the Water

Step 9: Breathing Freestyle

Step 10: Swimming Freestyle

From step 10 forward