

Non Swimmer's

Face in water

Bubbles

Motions

- Arms and legs should make splashes
- Might be able to dip under water

Lots of encouragement to break fear of water.

- Some non-swimmers can dog paddle from the wall or the arms of an instructor for a short distance
- Try to extend the distances as often as possible
- Don't let parents get involved
- Practice relaxing while floating on back