

Swimming Activities for Tuesday

On the Move

Duck Race

Help the ducks get across the pond.

Materials:

- Rubber Ducks
- Large plastic container, water table, bathtub, etc.
- Water
- Straw

Instructions:

1. Fill a large container with water.
2. Place rubber ducks in the water.
3. Place straw near the container.
4. Ask your child to move the ducks across the container by blowing air through the straw onto the ducks.
5. Encourage your child to follow the duck so it can reach the other side.
6. Once all the ducks are on the other side, encourage your child to bring them back to where they started.

Adventures Online

Water Safety

Learn water safety rules before going swimming.

<https://www.youtube.com/watch?v=0o71KmM2Mmc>

Sensory Time

Cleaning the Pool

What's in the pool?

Materials:

- Large plastic bin
- Water
- Items that float
- Small net or utensil to scoop the items with, such as a spoon or tongs

Instructions:

1. Fill the bin with water.
2. Place the floating items in the water.
3. Use small net or utensil to clean the pool by removing the items!

Story Time

Froggy Learns to Swim

Froggy overcomes his fear of swimming with a little encouragement.

Read Aloud: https://www.youtube.com/watch?v=PIgZJG_0Qsw

Arts and Creativity

Pool Games

Have fun playing these pool games.

Follow the Leader

The leader does a series of actions in sequence. The rest of the players try to repeat the same order. Switch leaders each round.

Pool Fishing

You'll need is at least one net and pool toys. Drop or throw the toys into the water and see if your child can catch them before they hit the bottom of the pool. This will help build their hand-eye coordination without.

Marco Polo

Marco Polo is basically playing a game of tag in the swimming pool, but the person who's "it" must keep their eyes closed! The "it" player calls out "Marco," and everyone else answers back with "Polo." The "it" person must listen carefully and then move around the pool and try to tag one of the other players. Once he or she successfully tags a player, the tagged player then becomes "it" for the next round.