

READY TO SWIM!

Daily	S	M	T	W	Th	F	St
Lay back, ears wet							
Pour water on face							
Face in							
Exhale blow the water							
Exhale under water							

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What you need

- Print the chart (color is best)
- **Laminate** it
- Use **dry-erase** marker or **stickers**
- Optional: hole-punch + ring binder clip to hang by the tub

How to use

(like a chore chart)

1. Pick **1–2 skills per day** (don't try to do all 5 every time).
2. Keep it short: **2–5 minutes** total.
3. Do it during **bath time or shower time** when your child is already relaxed.
4. After you practice, **check the box** for that day.
5. Aim for **5–7 days in a row** for best results.

Why this works

Daily micro-practice helps your child get comfortable with:

- water on the face
- ears wet / laying back
- exhaling (bubbles)

That means less fear + faster progress once lessons start. If you're already in lessons, this will accelerate learning between sessions.

Adult supervision only. Always.

Success Rules

- Never force. If your child resists, scale it down and try again tomorrow.
- Keep it playful. Stop while it's still going well.
- If your child has medical concerns (ear tubes, respiratory issues), follow your pediatrician's guidance.