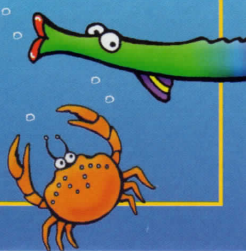


Splash Club



*Water
Games
and*

*Fitness Fun
For Kids*



*Ready, Set
Get Wet!*



AquaJogger® Jr.

Water Flotation Aid For Kids!

Get The Whole AquaJogger® Story. 1-800-922-9544.

AquaJogger®

P.O. Box 1453 • Eugene, OR 97440

541-484-2454 • Fax 541-484-0501

www.aquajogger.com



Splash Club



**Water Games
and
Fitness Fun
for Kids!**

Safety- All kids can learn to be safe around water.

Play- It brings out the kid in all of us.

Laughter- Water & laughter just seem to go together.

Active- Keep kids moving!

Swimming- An important life skill for every "body."

Health- It is not just a class in school; it's a way of life.

"The water is my friend."
- Gracie, 5 years old





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Please Note: The AquaJogger Jr. is not a life preserver and it is important to maintain constant supervision.

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Threading Your Belt

Thread the elastic belt through the cutouts as shown.



1. Hold the AquaJogger Jr. vertical (up and down) with the AquaJogger logo on the right. Beginning at the bottom, thread the buckle end of the belt (without prongs) into the first cutout hole. Proceed weaving the belt in and out of the cutouts until the buckle is positioned on the outside of the top cutout.
2. Make sure the strap on the adjustable end is facing out, allowing you to pull on the strap when making fitting adjustments.
3. To prepare the AquaJogger Jr. for the right fit, remove the slack from the elastic belt. First make sure the buckle end (without prongs) rests directly on the foam, then pull the *extra length* of the strap back through the holes of the AquaJogger Jr. so the adjustable end dangles.

Three ways to wear AquaJogger Jr.

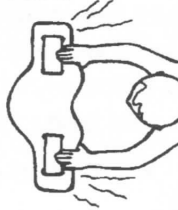
Buckled in Front



Buckled in Back



Hold as a Kick Board





Getting The Right Fit

It is important to correctly position and secure the AquaJogger Jr. onto your child's waist. A snug fit will help them maintain good posture and play comfortably in the water. If the AquaJogger Jr. is "riding up" on their body and interfering with their movements, review the following guidelines:



- Remember to first remove the slack (Threading Your Belt step 3). This simple process will allow for greater adjustability and a truly snug fit.
- Before placing the AquaJogger Jr. on your child's waist, pull the elastic end of the adjustable strap several inches to shorten the strap and make it easier to tighten later.
- Position the AquaJogger Jr. low on their waist with the narrow "arms" of the AquaJogger Jr. just under their rib cage. Fasten the buckle and adjust the elastic belt until it's tight around the waist. The belt strap should be positioned across or just below their navel.
- Adjust the strap until the belt feels almost "too tight." The tight fit feels more comfortable after they have entered the water and helps prevent the AquaJogger Jr. from "riding up" during the pool time.
- Tuck in excess belting.



Swimming Pool Safety At Home

- **Make sure children are supervised by an adult.**
Never leave a child alone in or near a pool for any reason—even to answer the telephone.
- **Encourage safe practices.**
Aquatic safety should become a way of life for everyone involved. Establish pool rules and post them near the pool.
- **Supervise pool area.**
Divers, children, and nonswimmers should be guarded.
- **Prepare for emergencies.**
A long pole, a life ring with a throwing line, and a first aid kit should be close at hand.
- **Post 911 number and emergency instructions by the phone.**
Review emergency procedures with children and family members.
- **Eliminate temptation.**
Do not leave toys in the water that could lure a child into an unsupervised pool.
- **Plan ahead and establish a routine.**
A practiced routine of entering the pool with an adult diminishes the probability of a young child entering the water unsupervised.
- **Safety is taught by example.**
Be sure to model the behavior you are encouraging in the pool.





“Word Pictures”-Fun ways to learn the basics

Turn learning a skill into a game with creative word pictures! To inspire kids to move, it helps to make the movements meaningful and imaginative. When you want your child to flutter kick, try telling him/her to “flick peanut butter off their toes.” This creative direction will surely result in both flutter kicking and laughter! The following are some word pictures you can choose from to capture your child’s imagination and help them learn basic swimming skills.

Bubble Blowing

- Blow out birthday candles
- Let out your steam
- Get rid of the old air
- Talk to the fish
- Blow a hole in the water
- Blow up balloons
- Blow a whistle



Floating

- Be a letter T
- Take a nap
- Be a glider
- Be an airplane
- Be a rocket
- Be a dry leaf floating on a lake
- Look for birds in the sky
- Lie down on your waterbed





- **Train Chain**

Form a train with hands on the person's waist in front of you. Kids can march with their legs out to the sides or flutter kick underneath them. The leader of the line propels the group forward with a breast stroke. Take turns being the engine and caboose.



- **Simon Says**

Have players face the leader who calls out skills to be performed. Some commands are prefaced with "Simon Says," and others called out without "Simon Says." Participants are to perform only skills that "Simon Says" to do. Players moving at the wrong time may be eliminated or acquire points against them. If scoring by points, the person with the lowest number of points wins.

- **Red Light/Green Light**

Select a leader to be at one end of the pool. The rest of the group waits at the opposite end. With the goal of tagging the leader, the group advances forward stopping and starting at the leader's red/green light command.

Red = STOP *The leader faces the group to make sure they freeze.*

Green = GO *The leader's back is turned toward the group.*





- **Loud and Quiet Kicking**

On cue, have all children kick loudly (splashing) then switch to quiet kicking (under the water surface).

- **Canoe Paddle**

Sit in an imaginary lounge chair with hips riding low in the water and feet at the water surface. Use only your arms to move yourself across the pool.

- **Basketball**

Many different forms of the game can be played. A floating hoop is fun, or set up a makeshift basket using an inner tube or another toy.

CHALLENGE- *Dribble the ball between your hands like a hot potato.*



- **Volleyball**

Play with an imaginary net, put up a string or use a real water volleyball net. Take turns hitting an inflated ball over the net. Now, with the AquaJogger Jr., kids can play comfortably and be supported even in the deep end.

CHALLENGE- *Don't let the ball touch the water.*

- **Bull in the Ring**

Have children form a circle and each join hands with the person next to him/her. The "Bull" in the center of the circle tries to break through the circle.

- **Hot Potato**

Get in a circle and pretend a balloon is a hot potato.





This game is full of fun and high energy as the group works together to keep the balloon in the air.

CHALLENGE- Put 1/4 cup water in the balloon before you blow it up to throw it off balance.

- **Keep Away**

Form a circle with one person in the middle. The people in the circle toss an inflated ball across the circle while the middle person tries to steal the ball. Rotate being the middle person.



CHALLENGE- Have two or more people in the middle.

- **Marco Polo**

Someone is picked to be Marco Polo the explorer. The explorer is blindfolded and tries to tag the other players by shouting "Marco." The other players shout "Polo" in response; the explorer finds the other players by listening. When the explorer tags another player, that player becomes "Marco."

- **Back to Back Kicking**

Divide into pairs and link arms back to back. Using a strong kick, the partners try to move each other across the pool in the opposite direction.

- **Synchronized Swimming**

Put on some fun music and try synchronizing kicks and hand movement, run in circles, swim in figure eights. Let the performance begin!





- **Hokey Pokey**

Form a circle and follow the song "You put your right foot in, you put your right foot out, you put your right foot in and you shake it all about, you do the Hokey Pokey and you turn yourself around. That's what its all about." Clap, Clap. Change song inserting different limbs and body parts (i.e. ears, nose, finger, toes).

- **Tag**

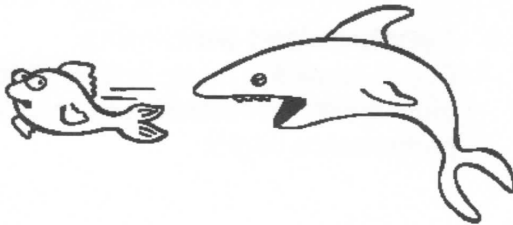
An all-time favorite made even more enjoyable with the addition of water. You can focus on skill building by choosing different moves like running, swimming, or canoe paddling during each turn. "OK, who's it?"

- **Fox and Ducks**

Choose a player to be the Fox and another to be Mother Duck. Other students are little ducks who form a line behind Mother Duck with each holding onto the waist of the one in front of him/her. The Fox attempts to catch the last duck. The line led by Mother Duck turns in various ways to protect the last little duck from being caught by the Fox. When the last duck is tagged, he becomes the Fox and Fox becomes Mother Duck.

- **Sharks and Minnows**

One child volunteers to be a Shark in the center of the pool while the rest of the children become "Minnows" and line up on one side. At the Shark's command of "1-2-3 Minnows," the minnows attempt to swim across the pool without getting tagged by the Shark. As the minnows get tagged they become sharks and join in catching people for the



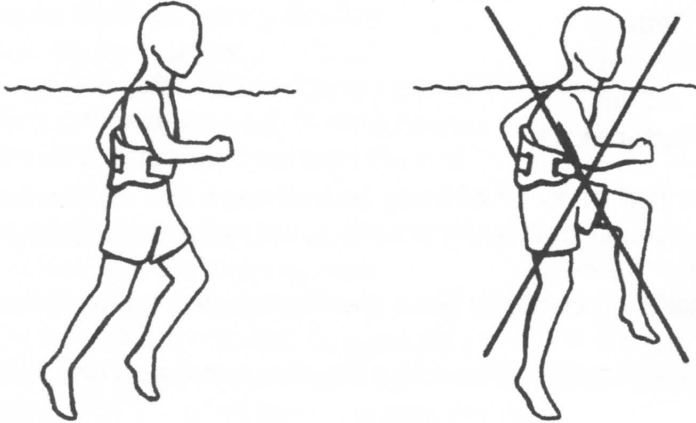


following rounds. Continue until the last person is tagged and declared the winner.

- **Water Baseball**

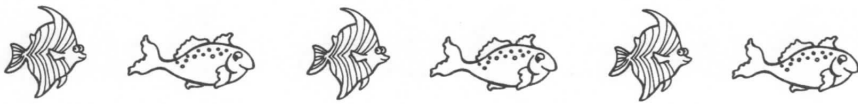
Set up a baseball diamond in the pool designating bases and boundaries. Play as regular baseball or softball. Equipment ideas: indoor baseball and bats, ping-pong balls and paddles, or foam balls and plastic bats.

Running



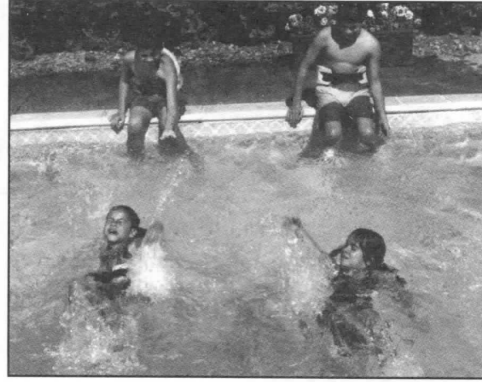
Running in the pool feels wonderfully different, and because of the water's resistance you almost feel like you are running through Jell-O! Remember to keep a tall upright posture. It might help to pretend there is a helium balloon attached to your head pulling you up, up, up! Cup your hands and swing your arms like you are running on land. To get started, try flutter kicking in an upright position and slowly cycling your legs like you are pedaling a bicycle.





Relays

Kids love relays and it's a fun way to learn to work together as a team and get a great workout! Here is a simple formula and some ideas to help you create your own relays.



1) Divide into 2 or more groups

2) Select a traveling type of movement

- Running
- Swimming
- Canoes
- Flutter kicks

3) Add a fun prop or activity to increase the excitement

1. Push a tennis ball, apple or balloon with your chin, nose, cheek or forehead.
2. Run carrying an object like a plastic cone (the statue of liberty run).
3. Clap your hands and bark like a seal as you travel across the pool.
4. Use large wooden spoons and carry ping-pong balls in them.

SAMPLE: *T-shirt relay. The first player on the team wears a big wet T-shirt. On "GO" the person jumps into the water, swims/runs across the pool, takes off the shirt and hands it to the next teammate in line and so forth until the team finishes. This relay can also be played with wet socks, caps, flippers, goggles etc.*





Activity Stations

Activity Stations offer an enthusiastic non-competitive way to organize water fitness for both small and large groups of kids. This creative format exposes kids to a variety of skill, flexibility, coordination and strength challenges.

Set up activity stations around the pool and have the children travel from one to the next doing each activity for 1-2 minutes. The stations can be based around swim skill building or pure recreation. Draw pictures or write instructions on manila folders and set up tent style to identify each station.

Sample Skill Building Station

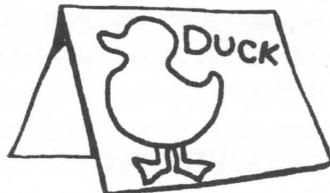
1. Arm stroke- "Dig for the Bone"
2. Loud and quiet flutter kicking- hold onto the wall
3. Water Angels- face up, floating on your back
4. Breast stroke kick- hold onto the wall

Sample Play Station

1. Pretend you are jumping rope
2. Individually or as a group try to keep a balloon or ball in the air
3. Try to push a tennis ball or apple as you run in a circle
4. Hook arms back to back with a partner and kick vigorously trying to push the other person across the pool

Animal Stations

1. Cut out or draw a simple picture of four or five different animals kids can act out, and set them up around the pool
2. Give kids thirty seconds to one minute at each station to act out each animal
3. Signal when it's time to change and have children run to the next animal station





Creative Kids

Animal Aerobics



Visit fun places and pretend to be the animals and people that live there!

Here are some places you and your imagination can visit:

FARM- Waddling duck, galloping horse, playful dog.

ZOO- Hungry lion, slithering snake, swinging monkey.

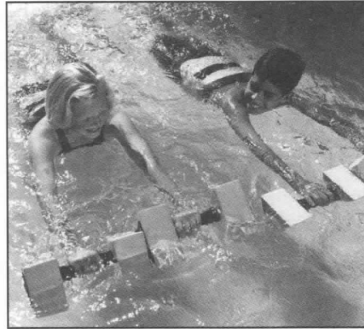
CIRCUS- Tight rope walker, juggling clown, roaring tiger.

UNDER THE SEA- Beautiful mermaid, crawling crab, scary shark.

Imaginary Trips

MOTOR BOAT- Hit the water as a motor boat. Steer a course through obstacles and travel around with neighboring "boats."

TRAFFIC- Drive a kick board or AquaJogger "car" in traffic through red lights, green lights, streets and alleys.



GROCERY STORE- Take a trip to the grocery store and load floating toys as "groceries" on AquaJogger or kick board "carts."





Water Painting

Pretend you are holding a paint brush

Paint big circles • Long lines • Figure eights

Write the alphabet • Write your name

Sports Action

Pretend you are...

Kicking a goal during a soccer game • Going for a slam dunk

Running a track race • Catching a football

Riding a wave on your surfboard • Hitting a home run

Obstacle Courses

Kids of all ages love obstacle courses! Let your kids help you set up the course and it will surely be a success. Create a path of activities around the pool and have the children travel through the course for a wet and wild run. Here are some ideas you can try:

1. Travel across the shallow end without touching the bottom.
2. Fill a plastic cup with water and travel without letting the water spill.
3. Push an inflated ball, apple, or ping-pong ball with your nose across a certain area.
4. Travel to the next obstacle with your legs out in front of you like a canoe - pull with your arms.
5. Play an imaginary electric guitar/drums/saxophone.
6. Run back to the starting area and shoot an imaginary (or real) basket.





Learn to Swim

A Note to Parents:



The AquaJogger Jr. is a great teaching tool for specific skills and activities as well as a confidence builder for new swimmers. It can also be effective for developing your child's comfort level in and around the water, while increasing his or her readiness for learning to swim.

The AquaJogger Jr. is not a substitute for your child's flotation ability when swimming, and should be used as a complement rather than a substitute for good teaching and learning activities. The AquaJogger Jr. is not a life preserver, and it is important to maintain constant supervision. The use of flotation devices cannot replace parental supervision—no matter what skills your child has acquired. Join your kids in the pool and discover how the water can bring out the “Kid” in all of us!



Tips for Getting Started

1. Enter the Pool Together

Take your child by the hand and gradually enter the water until your child is floating.





2. Stay Close

Remain close by in the water until your child feels confident and at ease.

3. Keep Wet

Encourage your child to kick, run, play and splash. Leave water on both your own and your child's face. Wiping water off the face may give your child the idea that water does not belong there. Encourage blinking the eyes to get water out - do not rub or wipe the eyes.

4. Approach in the Affirmative

Avoid using phrases like "Do you want to?" or "Are you ready?" Instead, say "Here we go," "Show me how you..." and "Let's get wet."

5. Make it Simple

Give verbal and physical cues when doing a skill. Simplify your directions by using one or two words like "kick," "blow bubbles" or "jump in."

6. Show the Skill

Sometimes demonstration alone can be sufficient for teaching your child.

7. Use Repetition

Work with one skill several times before moving on to another skill. If your child becomes frustrated with a difficult task, move on to an old favorite or something new.

8. Give Praise

Recognize your child's efforts, no matter how small the accomplishment. Praise should be descriptive of an action. Rather than simply saying "Good," say, "I like the way you blew those great big bubbles."





- **Train Chain**

Form a train with hands on the person's waist in front of you. Kids can march with their legs out to the sides or flutter kick underneath them. The leader of the line propels the group forward with a breast stroke. Take turns being the engine and caboose.



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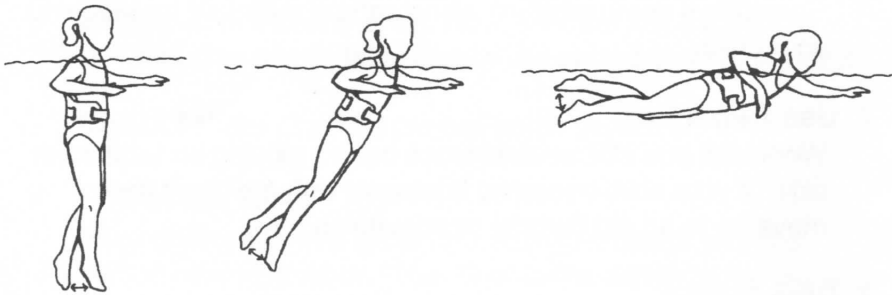


AquaJogger Jr. makes learning to swim easy

Starting with familiar upright activities is a good way to introduce swimming skills to children. Kids feel comfortable and confident supported by the AquaJogger Jr. in an upright position, and can concentrate on kicking and stroking techniques. After the skill has been mastered the child can smoothly make the transition into the horizontal swimming position.

Example: Flutter kick

1. Flutter kick in a vertical position.
2. Flutter kick at a slight horizontal angle propelling yourself across the pool or holding onto the side.
3. Flutter kick in a horizontal freestyle swimming position adding arm strokes.





“Word Pictures”-Fun ways to learn the basics

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- Talk to the fish
- Blow a hole in the water
- Blow up balloons
- Blow a whistle



Floating

- Be a letter T
- Take a nap
- Be a glider
- Be an airplane
- Be a rocket
- Be a dry leaf floating on a lake
- Look for birds in the sky
- Lie down on your waterbed





Kicking

Run, run, run
Start your motors
Rev your engines
Make a fountain
Splash your neighbor
Flick peanut butter off toes



Arm Strokes

Scoop the sand
Dig for a bone
Climb a ladder
Crawl through the water
Pretend you are a dog

References and Resources

Sheldon Meadows Pool and Fitness Center

(Pilot Program)

Juliana Larson - Aquatic Supervisor, B.S., L.M.T.

2445 Willakenzie

Eugene, OR 97401

(541) 687-5314

YMCA

Program Store

P.O. Box 5076

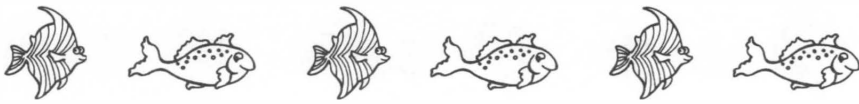
Champaign, Il 61825-5076

Check the Yellow Pages for Local Facilities

Progressive Swimming - Instructors Guide

Y Skippers - An Aquatic Program for Children Five and Under





American Red Cross

Check the Yellow Pages for Local Chapter

Infant and Preschool Aquatic Program - Parent's Guide

IDEA: International Association of Fitness Professionals

6190 Cornerstone Ct. E., Ste. 204
San Diego, CA 92121-3773
(800) 999-4332

Resource Series - "Exercise for Children and Teens"

AEA: Aquatic Exercise Association

P.O. Box 1609
Nokomis, FL 34274
(941) 486-8600

USWFA: United States Water Fitness Association

P.O. Box 3279
Boynton Beach, FL 33424
(561) 732-9908

Local Resources - Check your yellow pages

Parks and Recreation Departments
Public Pools and Community Centers
Local Clubs and Spas
Universities, State Colleges, and Community Colleges





Fitness For The Whole Family!

*Ask about our full line
of water exercise
equipment & accessories!*



*Get The Whole AquaJogger® Story!
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