



Newsletter Article

Dive In! Free Lessons & Fun with Swim Into Summer

We're excited to invite you and your family to join us for Swim Into Summer with Kids Alive, happening September 29 – October 3, 2025!

This campaign is all about building and enhancing water safety skills for under-fives — and it starts with five FREE online lessons every family can access. These short videos cover the basics of learning to swim and can help children get even more out of their time in the pool.

The Five Fundamentals of Learning to Swim - access the lessons at kidsalive.com.au

1. Water Familiarisation

Before children can swim, they need to feel safe and comfortable in the water. Water familiarisation is all about play, exploration, and confidence. Games in shallow water and gentle encouragement help children relax, making the pool a positive and fun environment.

2. Breath Control

Breath control teaches children how to hold their breath and manage being in the water without swallowing or sniffing it in. For babies, this might begin with gentle conditioning using trigger words. For older children, it can include short underwater breath-holding. It's an important step that prepares kids for safe submersion.

3. Submersion

Once children are ready, they can learn to go under the water voluntarily. Submersion builds confidence and helps children feel at ease below the surface. This stage is always done gradually and at the child's pace, using games and positive reinforcement to make it enjoyable.

4. Floating

Floating is the foundation of water safety. By learning to float, children discover buoyancy, balance, and relaxation in the water. Strong floating skills also make it much easier for them to progress to strokes and independent movement.

5. Propulsion

Propulsion is where floating turns into swimming. Children learn to kick, paddle, and move themselves through the water with confidence. These propulsive skills are developed over time and lay the groundwork for efficient strokes.

Together, these skills create the foundation for a lifetime of safe swimming.



You can explore the five free online lessons at [KidsAlive.com.au](https://www.kidsalive.com.au) and use them alongside your child's swim school experience. Every lesson completed brings your child one step closer to becoming safer in the water.