Redefining Baby Swimming
The Holistic Approach that Sets the Stage for a Lifetime of Aquatic Participation
Presented by Rob & Kathy McKay, Lifestyle Swim School (Boca Raton, FL)

Is baby swimming propelling through the water with ease, grace and joy or is it robotic flipping to the back to float? Is baby swimming a profession entered into with the child’s wellbeing and best interest as the intent or is it an industry solely with number crunching, volume and profit at the core? Is the water classroom a model of early childhood education with age appropriate activities, toys and games or is it a sterile training ground or boot-camp for babies. Is water something we respect and a lifetime source of enjoyment promoting all we love about life, or is it a threat that we constantly fear.

What if you could influence a baby’s entire life by how you taught him how to swim? And what if you could shape an entire generation by nurturing positive parenting in the pool? What if you could make water, laughter and learning to swim go hand in hand?

Noted baby swim experts Rob and Kathy McKay have spent the last 33 years of their adult careers researching, experimenting, developing and implementing the most gentle, child-friendly, educationally and developmentally sound water learning program specifically for babies ages 3 months through 4 years old. Their program is, at its core, fundamentally holistic-- recognizing the growing human child as body, mind and spirit and structuring philosophy, ethics, curriculum, methods, standards and practices that offer a compassionate and humane way to introduce children to water, swimming, and safety through fun and play. The results are water citizens who love the water for a lifetime of enjoyment, recreation, health or competition.

The couple are master teacher-trainers who can show you the subtleties of working with this age group and can show you how a calm, centered teacher, a flowing class and light-hearted play can transform babies into confident, competent, serene and graceful baby swimmers who love the water and are truly citizens of it!

The day’s workshop will consist of classroom (lecture, video, group discussion), a demonstration in the pool, social coffee break and lunch. Topics include:
• Is My Intent Showing?
A gentle philosophy is the foundation of a holistic approach. Intent underpins everything.

- **GPS**

Guide Posts for Swimming infants, toddlers and tykes (the Serenity Swim Guidelines)

- **Who Are You Really?**

Be the best baby teacher you can be by being “the change you want to see in the world.”

- **Our Babies are Gifted**

The verified and amazing benefits in child development and early learning enhanced by gentle baby swimming but not by aggressive programs.

- **Holy Holistic, Batman!**

Using the science of early learning to create a holistic curriculum that is child-centered, age and developmentally appropriate.

- **Water, Babies, Action!**

A blockbuster triple threat in your pool! An optimal learning environment, daily lesson plan and child-centered methods put the gentle philosophy directly into action.

- **A Circle in a Square: Zen and the Art of Baby Swimming**

A centered teacher “in the zone” puts flow, touch, body position, positive reinforcement and geometry into play in the “Serenity Swim” water classroom.

- **You don’t know what you don’t know until you don’t know it!**

Tips, tricks, buzz words for a new paradigm that redefines baby swimming

- **You Can Teach an Old Dog New Tricks**

As a teacher, you are never done learning! How we have changed and refined what we started out doing 33 years ago... the mistakes we made, the lessons we learned.

The McKay’s methods have been shared throughout the world in lectures, workshops, through their book Learn to Swim and ground-breaking DVD series Diaper Dolphins. Their book was published in English, German, Italian and Portuguese with Chinese on the way. The Mckays were invited to help develop the curriculum for the baby swim teachers’ training course for Swim Australia. They have given national workshops for Poland, New Zealand and Scandinavia. In Mexico, Rob and Kathy, along with Mark Spitz, were the keynote featured speakers and workshop presenters. Over 400 teachers in Japan alone have been trained using the McKays methods. At their home-base at Florida Atlantic University, they have trained teachers from the USA and over 40 countries. Rob and Kathy are fully hands-on and still teach a full class-load at their swim school.

The 2014 SwimAmerica Conference is Wednesday, September 10, 9:00 am - 4:00 pm. Cost is $99 per person. To register, call 1 (800) 356-2722 or register online.

Part of the 2014 ASCA World Clinic.

**SwimAmerica**

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