



*“Sue Nami’s Swimming Journey-  
Teaching Water Awareness and Swimming Fundamentals  
Outside of the Water”*

**A Project Activity:**

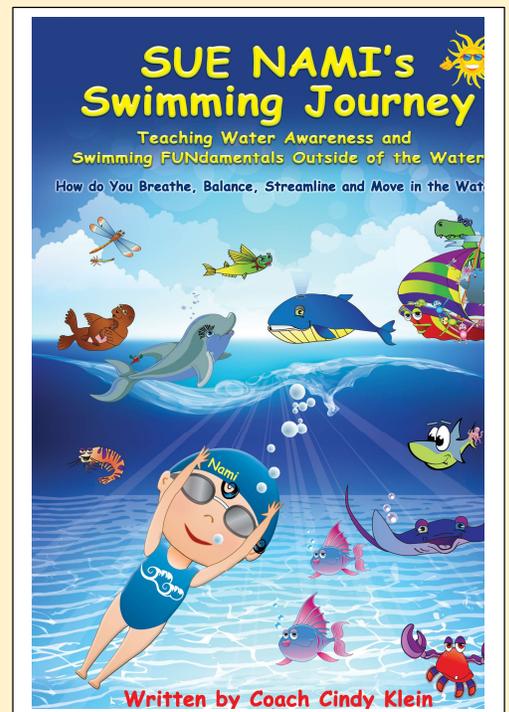
“Sue Nami’s Swimming Journey- Teaching Water Awareness and Swimming Fundamentals Outside of the Water” project is a **pre-swim** class children’s activity book and pre-swim drills. A fun and engaging interactive classroom or at home activity, for children pre-kindergarten (15 months and up) to early elementary school aged children.

A parent or educators guide and tool to start the Swimming conversation, to teach children to lift their Face and mouth out of the water to take a breath.

“Nami’s swim project” was created and written by Cindy Klein, co-founder of the Klein Swim Academy, a 501c3 non-profit.

Coach Ira Klein & I, have dedicated our lives and swim program to the prevention of drowning.

We are passionate about teaching children to have water awareness and confidence if they find themselves in an unfamiliar aquatic environment or an unfortunate aquatic situation.



Statistics show children benefit when parents and educators **begin the swimming conversation** outside of the water with a pre-swim class **BEFORE** they start an in water learn to swim class. Now they have a tool and guide to help them teach.

All activities take place **OUTSIDE OF THE WATER** with every day household items and are designed for pre-school children ages 15 months and older.

Please view the Klein Swim Academy projects on:

<https://klein-swim-academy.teachable.com/>

Or home page: [www.srqtsunami.org](http://www.srqtsunami.org) [www.suenamiswims.com](http://www.suenamiswims.com)

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### **“Nami’s” Mission:**

“Sue Nami’s Swimming project” mission is to assist and teach parents and educators worldwide in early childhood, how to start teaching children the basic foundations of swimming, with emphasis on proper breath exchange, proper balance to recover in the water and proper propulsion to move and manipulate the water so the can maintain their balance and recover to take a breath.

### **“Nami’s Vision:**

“Sue Nami’s Swimming project” Vision is the elimination of drowning through building water awareness education and teaching parents and educators to change the way they perceive aquatic environments and the need to start teaching swimming fundamentals as early as possible, without water.

### **“Nami’s” Goal:**

“Sue Nami’s Swimming Journey” Goal is to empower children to be comfortable and confident in any and all aquatic environments. Sue Nami’s project goal to distribute Nami’s pre-swim book and pre-swim drills to every generation of pre-kindergarten to early elementary school children in child care facilities, classroom, community centers, zoos and public and private aquatic environments around the world.

### **“Nami’s” Objective:**

“Sue Nami’s Swimming Journey” Objectives of Program Activity: To educate young children with the knowledge of water awareness and swimming fundamentals whether in shallow or deep water through five main objectives:

1. To exhale when their face is in the water then **Look Up and lift their chin and mouth away from the water to take a breath.**

2. To maintain balance of their arms and legs when they are in the water.

3. To kick or stroke and manipulate the water to maintain balance, **Look Up and take a breath.**

4. To build confidence around all shallow and deep aquatic environments.

5. To always ask permission from an adult before they approach or enter the water.



## **ALL OUTSIDE OF THE WATER.**

### **Function:**

Enclosed in the pre-swim class project is a guide designed to assist educators in demonstrating and teaching the importance of water awareness and the basics of swimming fundamentals. In this presentation, focus will be on activities and engagement associated with reading the book

### **Target Audience:**

Pre-kindergarten to early elementary school level, 15 months old and older. However, “Nami’s Swimming Journey” may be offered to children of all ages and left to the educator’s discretion if wanting to offer it to older children.

## GUIDE to “Sue Nami’s Swimming Journey” the book & drills

- **Time Recommended for each pre-swim class:**  
*A detailed syllabus for each class is available*

### **30 minutes**

- **10 minutes reading recommended pages of “Sue Nami’s Swimming Journey”**
- **10 Minutes to practice the drills outlined in detail for educators and parents to follow**
- **10 Minutes quiet time coloring Nami’s friends**

### **Outline of “Nami’s” Activity:**

These pre-swim class activities can be held in the classroom or out of doors, with a single class or combined classes. If joining classes, we recommend similar age group, 1–2-year-old, 3–4-year-old, 5–6-year-old. Children will be sitting on the floor. Give the children plenty of room, to allow space for them to lay on their back and tummies while practicing their kicking and rollovers, jumping and swimming arms.

The following guidelines are a suggestion and we encourage the educators to personalize the project. **Emphasis is on exhaling when the mouth and face is in the water and LOOK up, lift chin out of the water to take a breath.**

This is a physical, kinesthetic teaching moment.

### **Materials Needed:**

**To Read:** “Sue Nami’s Swimming Journey- Teaching Water Awareness and Swimming Fundamentals Outside of the Water” paperback book

- Children bring their own towel
- Optional items:
  - Activity and coloring book: download jpg
  - 6–12-inch swim noodle or straw per child
  - Googles and bathing suits to make the experience more enjoyable



## GUIDELINE to reading “Sue Nami’s Swimming Journey- Teaching Water Awareness and Swimming Fundamentals Outside of the Water”

- Introduce “Sue Nami’s Swimming Journey” book.
  - Set up Ground rules.
  - Stay on your own towel
  - Be polite and listen to the educator and classmates
  - If you want to speak raise your hands to be called upon

Inform the children of the process of the activity

- First, we will read the book “Sue Nami’s Swimming Journey”

We may take a small break to practice with “Nami”  
(practice 5-10 times)

Resume reading “Nami’s” book

- After each chapter, explain that the purpose of the book is to teach you how to
- **Chapter 1: How do you breathe in the water.** After each chapter:
  - Ask children what do you do when your mouth is in the water (*blow bubbles*)
  - Ask children what do you do after you blow bubbles (*LOOK up and take a breath*)
  - What do you have to do when near water? (*Ask permission from an adult to approach or enter the water*)
- **Chapter 2: How do you balance and streamline in the water?** After each chapter:
  - Ask children who swims really fast in the water? (*dolphin and shark*)
  - Ask Children why does a dolphin or shark swim really fast in the water? (*they have a pointy head*)
  - How do we make a pointy head? (*STREAMLINE hands*)
- **Chapter 3: How do you move in the water?** After each chapter
  - Ask children how does an otter move in the water (*kicks it’s legs and rolls over on to its back*)
  - How does Nami swim? (*Move arms around and around*)
  - What do you have to do when near water? (*Ask permission from an adult to approach or enter the water*)
- *After 1-2 pages, ask a question about how a specific animal Breathes, Balances and Moves. (always fun to ask about one of the funny animals)*



## Guide to “Nami’s” pre-swim DRYLAND drills

**Materials Needed: “Nami’s Daycare Dryland Swim Drills”**  
SET UP detailed in Educator/Parent weekly Syllabus

**For each Child or small group of children (6-12) children may share space**

- \* 4-6 tables for children to blow cotton balls or confetti paper, 2-3 children can share a table
- \* 8 or 12-inch length of a swim noodle or drinking straw per child
- \* 6 - 12-inch length of a swim noodle or drinking straw per child
- \* 10 or 12 cotton balls or torn up confetti paper (to blow initiating proper exhale) per child
- \* 4 or 6 Crumpled up sheets of Aluminum foil to make floating balls per child
- \* 4 or 6 Bowls, bucket or tub of water, 2-3 children can share a bowl or small bucket or tub
- \* 4 toys or stuffed animals to define direction for Streamline JUMPS

Optional material:

- \* For older children: a garden hose with a gentle “rain” spout for “swimming”
- \* For all children: If allowed: 6-10 wading pools with about 8-10 inches of water, 2-3 children may share

\* For all children: Googles and bathing suits to make the experience more enjoyable

- o **For Larger groups (12 +)**  
Children may take turns, alternating between activities.

After the children have read the recommended pages in “Sue Nami’s Swimming Journey” book, we have created practice drills in conjunction with the book.

Children will benefit from learning the physical moves and we recommend Nami’s drills be practiced weekly or bi-weekly, as a physical education activity.

Practicing the drills will teach and children will learn the swimming foundations within the progression curriculum.

Through the progression curriculum children will begin to demonstrate an understanding of the activity.



Reading “Nami’s” book frequently and engaging in practicing with “Nami” will reinforce the children’s understanding and physical training of these life saving skills.

Please view the Klein Swim Academy projects on:  
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Or home page: [www.srqtsunami.org](http://www.srqtsunami.org) [www.suenamismwims.com](http://www.suenamismwims.com)

We welcome you to contact us with any questions at:  
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