

TADPOLE

Parenting Tips



X off each circle as your child progresses.

- Water adjustment
- Entering and exiting pool
- Exploring the pool
- Bubble blowing
- Rhythmic breathing 3 bobs
- Opening eyes under water
- Retrieve object from pool floor
- Front float with support 5 seconds
- Back float with support 5 seconds
- Front float with kick and support 5 seconds
- Back float with kick and support 5 seconds
- Elementary backstroke arms with support
- Rolling over with support
- Jumping in with or with out support
- Front crawl arms - standing
- Life jacket safety
- Call for help, reach, throw, don't go
- Water safety & pool rules

Helpful hints for your child to be successful in his/her class.

Bring your child to the pool during recreational swim and practice the following items. You must be in the water and feel comfortable at all times during the practice of these skills with your child.

1. Bring your child to the pool often and play with him/her in the water. Bring their favorite bath toy to help them feel more comfortable.
2. While in the water hold your finger up and tell your child it is a candle and that they are to blow it out. Move your finger lower in the water and continue to blow out the candle. Let your child know this is a waterproof candle and the only way to blow it out is to do it underwater.
3. Play: how many fingers can you see. Hold your hand underwater in a fist and when your child places their head underwater open your fist up with one, two, three, or four fingers. See if they can count correctly.
4. Work on Superman float on the front and on the back. Make sure you are next to your child and can give support when needed. Add the kick as they get more comfortable with this skill.
5. Holding one or two hands have your child jump into the pool. Make sure they do not land on you. After jumping into the pool have your child turn around and go to the pool wall. Work on this skill until they do it by themselves.



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