

MINNOW

Parenting Tips



X off each circle as your child progresses.

- Completely submerge head for 3 seconds
- Rhythmic breathing 10 times (bobs)
- Retrieve object from pool floor
- Front & back float without support 5 seconds
- Kick on front and back 5 yards
- Elementary backstroke arms with flutter kick 10 yards
- Front crawl arms with kick 3-5 yards without support
- Back crawl arms with kick 3-5 yards without support
- Intro to rotary breathing/on wall
- Turn over front/back & back to front 3 seconds each side
- Jump in, level off, and return to the wall
- Front float on front and back in deep water with support
- Life jacket safety
- Water safety & pool rules
- Help and huddle positions
- Reaching & extension assists
- Call for help, reach, throw, don't go

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. You must also be comfortable in deep water to practice these skills with your child.

1. Bring dive rings or items that sink and have your child practice picking them up off the bottom. Practice this skill in water that they can stand up in. Move to deeper water as they get more comfortable with this skill.
2. Work on Superman float on the front and on the back with your child. They need to be able to do this for at least 5 seconds without your help. Add the flutter kick after they feel comfortable with this skill.
3. Stand in water that is over their head and have your child practice jumping into the water, turn around and return to the wall. Have them use the Superman float with kick to perform this skill. They may add arm action if they can.
4. Practice front and back float in deep water. Work with your child and practice changing from front float to back float without your help turning over.
5. While standing and holding onto the wall have your child place his/her head in the water. Have them rotate their head to the side and take a breath. Return face down and have them exhale underwater. Rotate head to side and take another breath. Continue this skill until they feel comfortable performing it.



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