

STARFISH

Parenting Tips



X off each circle as your child progresses.

- Rhythmic breathing 15 bobs
- Rotary breathing on wall with front crawl arms
- Front glide 3-5 yards
- Back glide 3-5 yards
- Open turns back and front
- 5 front crawl arms roll on back, 5 back crawl arms
- Elementary backstroke arms 15 yards
- Whip kick on back 5 yards
- Front crawl with flutter kick 10 yards
- Back crawl with flutter kick 10 yards
- Front & back floats without support deep water 3 seconds
- Jump in deep water and return to wall
- Tread water 15 seconds
- 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. Have your child practice Superman float while pushing off the wall and see how far they can glide. They need to glide 3 - 5 yards. Stand in front of your child and move backwards as they glide toward you. Work on both front and back.
2. Work on having your child roll over from face down to face up. Introduce arm action when they are comfortable with rolling over.
3. Have your child jump into water that is over their head. Once in the water have them turn around and swim back to wall. Do not let them turn around in the air and try to grab the wall.
4. Have your child place both hands on the wall. Have them put their face in the water. Practice turning head to the side and take a breath. Have them rotate their face back into the water and blow bubbles. Repeat until they feel comfortable doing this skill.
5. Have your child jump into deep water and bob back to shallow water. Your child should push off the bottom on an angle and come up for air. Their weight should cause them to go back underwater. Repeat until they move to shallow water.



Aquatics Office

170 S. Chambers Rd.

Aurora, CO 80017

303-361-2997

www.auroragov.org/aquatics