

# STINGRAY

## Parenting Tips



### X off each circle as your child progresses.

- Completely submerge head for 10 seconds
- Rhythmic breathing 15 times bobs
- Front float for 10 seconds
- Back float for 15 seconds
- Kick on front and back for 10 yards
- Turn over front to back/back to front 5 seconds each
- Elementary backstroke arms 15 yards
- Rotary breathing 10x's on wall with front crawl arms
- Front crawl with kick 10 yards w/rotary breathing
- Back crawl with kick 10 yards
- Tread water 20 seconds
- Jump in, level off, and return to wall
- Front & back float deep water without support 5 seconds
- Front crawl 3 strokes/roll to back/roll back to front
- 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. Practice breath holding with face in the water. Try for 10 to 15 seconds.
2. Practice rhythmic breathing while holding onto the wall. Place face in the water and have your child blow bubbles. When he/she needs air have them rotate face to the side and take a breath. Rotate face back into water and blow bubbles. Repeat until comfortable doing this skill.
3. Practice front and back float without support. Stand close to your child and be ready to assist if necessary. Practice rolling over on their own without help.
4. Bracket on the wall and practice flutter kick. Keep splashing down as much as possible.
5. Practice jumping into water over your child's head, turn around and swim or kick back to wall.
6. Practice front crawl with rotary breathing at least 10 yards.



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