

DOLPHIN

Parenting Tips



X off each circle as your child progresses.

- Front glide 3-5 yards
- Back glide 3-5 yards
- Open turns front and back
- Back crawl with kick 20 yards
- Rotary breathing on kickboard, turn head to side 15 times
- Front crawl 15 yards with proficient rotary breathing
- Whip kick on front & back 15 yards
- Elementary backstroke arms 20 yards
- Elementary backstroke with whip kick 10 yards
- Front & back float in deep water 10 seconds
- Jump in deep water and return to wall
- Tread water - 1 minute
- Dive kneeling position
- Dive compact position
- Life jacket safety
- Water safety, diving safety and 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 follow 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 them practice Superman float while pushing off the wall and see how far they can glide. Make a game out of it and see if they can go farther each time.
2. Add a kick to the glide and see how far they can go moving toward to you. If you need to, back up as they are coming toward you.
3. Practice both skills this time on their back.
4. Take your child in water up to their chin. Have them practice treading water by lifting their feet off the bottom.
5. To practice treading water kick only, give them a kick board and have them hold on to it in a vertical position and work on their kick.



Aquatics Office

170 S. Chambers Rd.

Aurora, CO 80017

303-361-2997

www.auroragov.org/aquatics