

SHARK

Parenting Tips



X off each circle as your child progresses.

- Deep water bobbing 20 seconds
- Jelly fish float 20 seconds with breathing
- Rotary breathing with kick board 20 yards
- Dive stride position
- Dive standing position
- Elementary backstroke 25 yards
- Front crawl with rotary breathing 25 yards
- Back crawl 25 yards
- Whip kick on front & back 15 yards
- Scissors kick 10 yards
- Sidestroke arms 10 yards
- Breaststroke arms 10 yards
- Tread water 2 minutes - any kick
- Water safety, diving safety and pool rules
- 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 bouncing in water over your child's head off the bottom of the pool and coming to surface to get a breath of air.
2. Practice rotary breathing with kickboard. Flutter kick while holding onto the board. Alternate arms and breathe with arm recovery. Your child's ear should stay in the water when their head is turned to the side for a breath. Use "listen to the fish" when their head is turned for a breath. Use "talk to the fish" when their face is in the water. The water level should be at the hair line of your child.
3. Practice elementary backstroke, front crawl with rotary breathing, and back crawl until comfortable with these skills.
4. Hold onto the wall and practice scissor kick. Bracket to wall with one arm on gutter and one arm pushing against wall. Your child should be on his/her side in the water.
5. Practice treading water until comfortable doing this skill. You may use any style kick.



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