

SEAHORSE

Parenting Tips



X off each circle as your child progresses.

- Blow bubbles underwater 5 seconds
- Rhythmic breathing 10 bobs
- Intro to rotary breathing hands on wall 10 times
- Open eyes underwater & retrieve object
- Front float without support 5 seconds
- Back float without support 5 seconds
- Entering and exiting pool safely
- Jump in water without support
- Front kick without support - face in 10 seconds
- Back kick without support 10 seconds
- Front Crawl arms with kick 5 yards
- Back Crawl arms with kick 5 yards
- Front & back floats with support deep water 3 seconds
- Elementary backstroke arms without support 5 yards
- Explore deep end
- 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. Hold your finger up and let your child pretend that it is a candle. Have him/her begin to blow out the candle and ask them to follow your finger as you lower it under the water. Let them know that this is a waterproof candle and the only way to blow out the candle is to do it under water.
2. Bring dive rings or items that sink and have your child retrieve them from the bottom.
3. Have your child practice the Superman float both on the front and on the back. Stay close to your child in case they need extra support. Add the kick to this when they are comfortable with this skill.
4. Have your child jump into the pool without support. Once they enter the pool have them turn around and go back to the wall. They can use the Superman float with kick to do this.
5. Practice front and back crawl arms with you supporting your child.



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