



Goals and Expectations

Parent and Tot

Learn To Swim, A Skill For Life

WATER SAFETY

- ▶ Participates in basic orientation to site and safety rules with parent/caregiver
- ▶ Waits for permission to enter water every time

Enters and Exits Pool Safely

- ▶ Performs exits and entries with parent/caregiver by sitting on edge of pool and waiting for permission

P.F.D. Practice (1 or 2 times during session)

- ▶ Review features of an appropriate P.F.D. or lifejacket - explain differences
- ▶ Child wears P.F.D. and floats in the water with assistance

SWIMMING

Use of Balls

- ▶ To encourage leg and arm movement

Back Starfish Float

- ▶ Assisted by parent
- ▶ Assisted by instructor
- ▶ Use barbells when appropriate

Blow Bubbles

- ▶ Facing parent blow bubbles through mouth

Flutter Kick with Big Mats

- ▶ Child faces parent
- ▶ Instructor helps with correct kick
- ▶ Lie on back with big mats

Back Glide (assisted)

- ▶ Hold child, arms by side, legs together and tow
- ▶ Try push off from wall

Front Glide (assisted)

- ▶ Face above acceptable
- ▶ Hold child under arms and tow

Submerge face, 3 seconds

- ▶ Child does a forward tilt dip from instructor to parent
- ▶ Once or twice per lesson

Jumping In

- ▶ Sitting jump, assisted, turn around, go back to safety
- ▶ Standing jump, assisted, turn around, go back to safety
- ▶ Encourage occasional submerge

Participation on Tables

- ▶ Encourage child to move around on tables, play with toys, dip to pick up rings

Slide (assisted)

Participation in Circle Time

- ▶ Ring Around the Rosie, Motor Boat song, Pop Goes the Weasel