

# Parent-tot Swimming lessons

Helping you child have a good experience in the water

1. Do all you can to relax and thoroughly enjoy being in the water. This will be transmitted to your child. The experience for your child must be fun.
2. You will be expected to attempt all activities you expect from your child. Parental response is most important, so come prepared to get wet.
3. Learning to swim starts with orientation and adjustment to water. A warm shower getting water over the head is encouraged before entering the pool.
4. Slow movements, a quiet voice, happy facial expressions, a gentle touch, eye contact and secure parent-child position in the water will aid your child in enjoying the water.
5. Your child will progress at his/her own pace, not your desired pace, so do not get discouraged or compare your child to one of their friends.
6. If you find that there is a swelling of your child's tummy during or after class, burp your child. Air in water intake is normal for all swimmers, young and old.
7. Swallowing water should be discouraged. Always be aware of your child's face in relation to the water surface.
8. Most children under the age of 2 hold their breath naturally. Holding the breath after the age of 2 is a learned skill.
9. One of the more important skill adjustments in the water is getting the child to accept the prone, rather than upright, position in the water. Parents should work on this the first day of class.
10. Lying on the back, although natural in bed, gives the child a sense of falling when attempted in the water. This is due, primarily, to the child not understanding buoyancy. Parents should encourage children to relax, keep eyes open, head back, and ears under water while supporting the body without lifting. This can be started in the bathtub and continued in the pool by permitting the child to support himself while on the back by holding onto a flutter board or pole.
11. Children love to play games. All skills should be associated with some game or task they enjoy doing at home or have seen on television.
12. Parents can become discouraged with the progress of their children and the "dropout" in the class is usually the parent. Remember this is a "water orientation" course and not a "learn to swim in a few lessons" course.
13. Feeding of children should be done at least one hour before bringing them swimming. This is to avoid any vomiting in the pool.
14. Yes, we do permit and encourage parents to bring toys to class, but would like to caution all parents to restrain children from putting small toys or instructional aids in their mouths.
15. Because evaporation of water on the body cools, many children and adults will feel more comfortable submerged to the neck rather than keeping the body above the waters surface.
16. Most children are fearless of water, particularly after learning to enjoy it. The parent should be aware of the constant need to supervise children closely around water, knowing children cannot be counted on to know their own limitations.

# Skippers Swim Program (ages 3-5)

The Skipper program is designed for children ages 3-5 with 3 progressive levels: Pike, Eel and Ray. Our goal is to teach personal safety, body awareness, swimming skills and appreciation of water. Classes are a maximum of six children per instructor. Each child is different and it's normal for children to proceed through the classes at varying rates. The following are the skills required to complete each level:

## PIKE

### *Personal Safety*

- Pool Rules
- Adjustment away from Parents
- Comfortably put face in water
- Let go of wall, swim/paddle, turn, grab wall
- Demonstrate proper use of a PFD
- Wearing a PFD paddle stroke 5 yds. Front and Back

### *Stroke Development*

- Paddle on front 5 ft.
- Paddle on back 5 ft.
- Float on front with/without IFD
- Float on back with/without IFD

### *Rescue*

- Describe 2 examples of danger
- Know when to yell help
- Dialing 911

## EEL

### *Personal Safety*

- Pool Rules
- Front and Back float for 20 sec.
- Jump in wearing a PFD, paddle 10 yds. and back
- Jump in, run and return to the side without assistance

### *Stroke Development*

- Front crawl w/ rhythmic breathing 15 ft.
- Back crawl 15 ft.
- Paddle on side 15 ft.

## Rescue

- Recognizing an emergency
- Calling 911
- Reaching/throwing assists

## RAY

### *Personal Safety*

- Float on back 30 sec.
- Tread water 30 sec.
- Bob and get breath 10 times in shallow water

### *Stroke Development*

- Front crawl 20-25 yds.
- Back crawl 20-25 yds.
- Standing dive
- Tread water 1 minute

### *Rescue*

- Practice reaching assist
- Practice throwing assist
- Recognizing an emergency
- Calling 911

# Progressive Swim Program (ages 6-12)

The Progressive program is designed for children ages 6-12 with 4 progressive levels: Polliwog, Guppy, Minnow and Pre-competitive. Our goal is to teach personal safety, body awareness, swimming skills and appreciation of water. Classes are a maximum of six children per instructor (except for pre-competitive). Each child is different and it's normal for children to proceed through the classes at varying rates. The following are the skills required to complete each level:

## **POLLIWOG**

### *Personal Safety*

- Pool Rules
- Comfortably put face in the water
- jump off wall, swim/paddle, turn, grab wall
- Demonstrate proper use of PFD

### *Stroke Development*

- Front crawl 5-10 yds
- Back crawl 5-10 yds
- Front float 10 secs
- Back float 10 secs

### *Rescue*

- Recognizing an emergency
- Calling 911
- Practicing reaching/throwing assists

## **GUPPY**

### *Personal Safety*

- Front & back float 1 min
- Tread water 30 secs
- Hold "HELP" position

### *Stroke Development*

- Freestyle w/ rotary breathing 25 yds
- Backstroke 25 yds
- Swim test 20yd swim – 30 sec tread – 20yd swim
- Breaststroke 25 yds

### *Rescue*

- Practice reaching/throwing assists
- Proper care for choking

## **MINNOW**

### *Personal Safety*

- "Help" position for 3 mins
- Treading water using 3 different kicks
- Proper diving techniques

### *Stroke Development*

- Freestyle 50 yds
- Backstroke 50 yds
- Elementary backstroke 50 yds
- Breaststroke 50 yds
- Intro to butterfly

### *Rescue*

- Basic First Aid (bleeding and choking)
- Learn accident prevention
- Caring for Head, Neck and Back injuries

## **PRE-COMPETITIVE**

### *Stroke Development*

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Flip-Turns
- Breast stroke pullouts
- Starts
- Endurance building