Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills and provide safety information for parents and teach techniques parents can use to orient their children to the water. All skills are done with parent assistance.

### PURPOSE

- Getting wet through play and kicking
- Entering and exiting the water with guided assistance
- Blowing bubbles on the surface and with face submerged
- Fully submerge underwater
- Floating on front and back

### COURSE REQUIREMENTS

- Gliding on front and back
- Rolling front to back and back to front
- Kicks on front and back
- Arm action on front and back
- Learn multiple different holds and supports (parents)