

LEARN TO SWIM

parent & child



PURPOSE

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.**

COURSE REQUIREMENTS

- **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
- **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)