



# Goals and Expectations

# Aqua 1

## SWIMMING

### WATER SAFETY

#### Stop and listen!

#### Show you know ...

- ▶ Participates in basic orientation to pool and safety rules
- ▶ Waits for specific permission to enter water, every time
- ▶ Listens to instructor throughout each lesson

#### Take a look - Is it safe?

#### Shallow water entries/exits (assisted)

- ▶ Introduce participant to stop and look before entering water and to proceed slowly into the pool, holding onto railing
- ▶ Performs shallow water entries and exits, appropriate to the pool ie. wading in, steps or ladder, jumping in, slipping in from seated position at water level
- ▶ Demonstrates safe exits

#### P.F.D Practice (assisted)

- ▶ Wearing PFD, floats in any position in shallow water, in a relaxed manner
- ▶ Jump in wearing PFD, roll on back, look around (Are you safe?)

#### Jumping In (assisted)

- ▶ Jump in, submerge, turn around, back to safety

#### Move Through Water

- ▶ Use of big mats
- ▶ Use of airplane boards

#### Submerge Face (holding breath)

- ▶ Initiated by participant - NO GOGGLES, NO EXCEPTIONS
- ▶ Puts entire face in the water, in a relaxed manner, at least 5 seconds, including chin, mouth, nose, eyes, and forehead

#### Exhale Through Mouth

- ▶ Exhales/blows bubbles through mouth, head submerged

#### Starfish Floats on Front Floats (instructor may assist by tapping)

- ▶ Performs front floats in shallow water (**no kicking**)
- ▶ Floats in a relaxed manner with face in for a 5 count
- ▶ Recovers to stable position (can be assisted for 3 to 6 year olds)

#### Starfish Floats on Back (assisted by barbells)

- ▶ May use buoyant aid
- ▶ Performs back float in shallow water (may be assisted)
- ▶ Floats in relaxed manner, with head back and ears under water
- ▶ Recovers to stable position (may be assisted)

#### Front Glides (assisted by tapping only)

- ▶ Performs front glide, face in water, with arms extended in front of head for at least 5 seconds in a relaxed manner
- ▶ Comfortable, streamlined position (no kicking)

#### Back Glides (assisted)

- ▶ Child holds wall and gently pushes off
- ▶ Hold their head until comfortable enough for tapping
- ▶ Child **MUST** be very relaxed

#### Flutter Kick on Front/Back (assisted with boards)

- ▶ Use flutter boards/big mats to promote proper kicking method (no bent knees)