

## Goals and Expectations

### WATER SAFETY

#### **Stop! Look! 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

#### **Stop! Look! Go slow!**

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

- ▶ Introduce participant to Stop! Look! Go slow
- ▶ Demonstrates Stop!
- ▶ 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

### SWIMMING

#### **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)