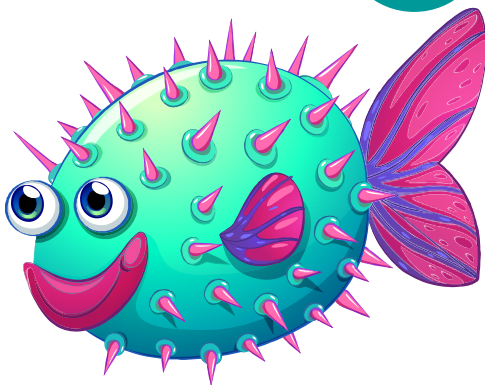


# Level 3 - Pufferfish

## Tips & Tricks

6-12  
yrs



**Check off each skill as your child progresses.**

- ☐ Front glide 5 yards
- ☐ Back glide 5 yards
- ☐ Back crawl with kick 15 yards
- ☐ Rotary breathing on kickboard, turn head to side 15 times
- ☐ Introduction to front crawl 15 yards with rotary breathing
- ☐ Intro to breaststroke kick
- ☐ Elementary backstroke 20 yards
- ☐ Front & back float in deep water 10 seconds
- ☐ Jump in deep water and return to wall
- ☐ Tread water – 1 minute
- ☐ Dive compact position
- ☐ Dive kneeling position
- ☐ Retrieve objects from the bottom of the pool (3-5 ft)
- ☐ Life jacket safety
- ☐ Water safety, diving safety and pool rules. Be sure to cover the “reach or throw, don’t go concept”

### **Exit Skills to go to next level:**

- ☐ Push off the wall in a streamlined position, swim the front crawl for 15 yards, change position/direction as necessary, swim elementary backstroke for 15 yards then exit the water.

## **Helpful hints for your child to be successful in his/her class.**

Bring your child to the pool during recreational swim and practice the follow items. You must be in the water and feel comfortable at all times during the practice of these skills. You must also be comfortable in deep water to practice these skills with your child.

1. Have them practice their front and back glides and see how far they can go. Make a game out of it and see if they can go farther each time.
2. Add a kick to the glides and see how far they can go moving toward to you. If you need to, back up as they are coming toward you.
3. Take your child in water up to their chin. Have them practice treading water by lifting their feet off the bottom.
4. To practice treading water with kick only, give them a kick board and have them hold on to it in a vertical position and work on their kick
5. Practice rotary breathing with kickboard. Flutter kick while holding onto the board. Your child’s ear should stay in the water when their head is turned to the side for a breath. Use “listen to the fish” when their head is turned for a breath. Use “talk to the fish” when their face is in the water.



**Lakewood**  
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## **Questions?**

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