

Parent & Tot Class

Tips & Tricks



Check off each skill as your child progresses.

- ☐ Water adjustment
- ☐ Entering & exiting pool
- ☐ Exploring the pool
- ☐ Bubble blowing
- ☐ Front float with support/face to face position
- ☐ Back float with support/cheek to cheek position
- ☐ Kicking on front with support
- ☐ Kicking on back with support
- ☐ Jumping in with or without support
- ☐ Scooping/going underwater
- ☐ Passing/side to side position
- ☐ Front glide/drafting
- ☐ Back glide/drafting
- ☐ Rolling over
- ☐ Supported arm strokes
- ☐ Water safety & pool rules

Exit Skills to go to next level:

- ☐ Willingness to be independent of parent.

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

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

1. Bring your child to the pool often and play with him/her in the water. Bring their favorite bath toy to help them feel more comfortable.
2. The hardest skill your child will learn is to feel comfortable on their back. Practice this often. Use the cheek to cheek position.
3. Do not take your child under water more than 3 times during your visit.

Questions?

Carmody 720.963.5371

Green Mountain 303.987.7837

Link 720.963.5369



Lakewood
Recreation

www.lakewood.org/swimming