

# Preschool

## Level 4 -

### Seahorse

## Tips & Tricks



Check off each skill as your child progresses.

- ☐ 20 bobs
- ☐ Retrieve objects from the bottom of the pool
- ☐ Front glide unsupported 5 yards
- ☐ Back glide unsupported 5 yards
- ☐ Change direction of travel while swimming
- ☐ Elementary backstroke arms with flutter kick 10 yards
- ☐ Elementary backstroke kick 5 yards
- ☐ Front crawl with flutter kick 10 yards
- ☐ Back crawl with flutter kick 10 yards
- ☐ Front float without support deep water 5 seconds
- ☐ Back float without support deep water 15 seconds
- ☐ Jump in shoulder deep water and return to wall
- ☐ Introduction to treading water
- ☐ Introduction to rotary breathing on wall (no arms), 5 times
- ☐ Jellyfish and tuck floats
- ☐ Bob to safety (deep to shallow water)
- ☐ Life jacket safety
- ☐ Water safety & pool rules

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

- ☐ Step into chest deep water and push off the bottom into a front float for 15 seconds, then swim on front and/or back for 5 body lengths and 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 following 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 your child practice front glide by pushing off the wall with arms above their head like Superman and see how far they can go. They need to glide 3 – 5 yards. Stand in front of your child and move backwards as they glide toward you. Work on both front and back.
2. Work on having your child roll over from face down to face up. Introduce arm action when they are comfortable with rolling over.
3. Have your child jump into water that is over their head. Once in the water have them turn around and swim back to wall. Do not let them turn around in the air and try to grab the wall.
4. Have your child jump into deep water and bob back to shallow water. Your child should push off the bottom on an angle and come up for air. Their weight should cause them to go back underwater. Repeat until they move to shallow water.
5. Have your child place both hands on the wall. Have them put their face in the water. Practice turning head to the side and take a breath. Have them rotate their face back into the water and blow bubbles. Repeat until they feel comfortable doing this skill.



[www.lakewood.org/swimming](http://www.lakewood.org/swimming)

## Questions?

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