

Level 1- Stingrays

Tips & Tricks

6-12
yrs



Check off each skill as your child progresses.

- ☐ Blow bubbles underwater 5 seconds
- ☐ 10 bobs
- ☐ Open eyes underwater & retrieve object
- ☐ Front float without support 5 seconds
- ☐ Back float without support 5 seconds
- ☐ Entering and exiting pool safely
- ☐ Jump in water without support
- ☐ Front kick without support - face in 10 seconds
- ☐ Back kick without support 10 seconds
- ☐ Front Crawl arms with kick
- ☐ Back Crawl arms with kick
- ☐ Front & back floats with support deep water 3 seconds
- ☐ Elementary backstroke arms without support 5 yards
- ☐ Explore deep end
- ☐ Life jacket safety
- ☐ Water safety & pool rules

Exit Skills to go to next level:

- ☐ Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

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. Hold your finger up and let your child pretend that it is a candle. Have him/her begin to blow out the candle and ask them to follow your finger as you lower it under the water. Let them know that this is a waterproof candle and the only way to blow out the candle is to do it under water.
2. Bring dive rings or items that sink and have your child retrieve them from varying depths.
3. Have your child practice their front and back glides, eventually getting their arms over their head like Superman. Stay close to your child in case they need extra support. Add the kick to this when they are comfortable with this skill.
4. Have your child jump into the pool without support. Once they enter the pool have them turn around and go back to the wall. They can use the front glide with kick to do this.
5. Practice front and back crawl arms with you supporting your child.



Lakewood
Recreation

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Questions?

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