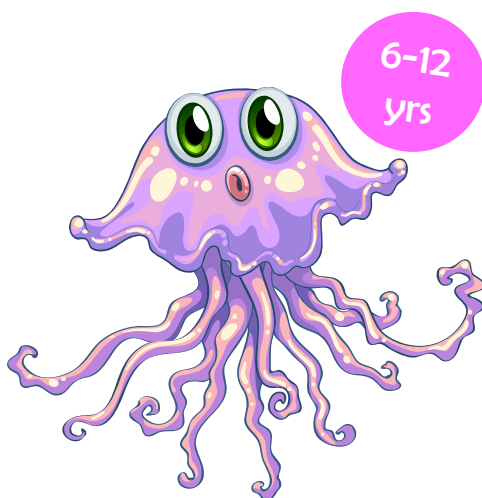


Level 2 - Octopus

Tips & Tricks



Check off each skill as your child progresses.

- ☐ Completely submerge head for 10 seconds
- ☐ 15 bobs
- ☐ Front float for 10 seconds
- ☐ Back float for 15 seconds
- ☐ Kick on front and back for 10 yards
- ☐ Turn over front to back/back to front 5 seconds each
- ☐ Elementary backstroke arms 15 yards
- ☐ Rotary breathing on wall (no arms), 10 times
- ☐ Front kick with kickboard, 10 yards w/rotary breathing, 5 times (no arms)
- ☐ Back crawl with kick 10 yards
- ☐ Tread water 20 seconds
- ☐ Jump in, recover and return to wall
- ☐ Front & back float deep water without support 5 seconds
- ☐ Front crawl 3 strokes/roll to back/roll back to front
- ☐ Life jacket safety
- ☐ Water safety & pool rules

Exit Skills to go to next level:

- ☐ Step from the side into chest-deep water, push off the bottom and move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths and then exit.

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. Practice breath holding with face in the water. Try for 10 to 15 seconds.
2. Practice rhythmic breathing while holding onto the wall. Place face in the water and have your child blow bubbles "talk to the fish". When he/she needs air, have them rotate face to the side "listen to the fish" and take a breath. Repeat until comfortable doing this skill.
3. Practice front and back float without support. Stand close to your child and be ready to assist if necessary. Practice rolling over on their own without help.
4. Hold on to the wall and practice flutter kick. Keep splashing down as much as possible.
5. Practice jumping into water over your child's head, turn around and swim or kick back to wall.



Lakewood
Recreation

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Questions?

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