

Preschool

Level 1 -

Clams

Tips & Tricks



Check off each skill as your child progresses.

- ☐ Blow Bubbles underwater
- ☐ 5 bobs
- ☐ Open eyes underwater
- ☐ Retrieve object from under water
- ☐ Front float with or without support 3 seconds
- ☐ Back float with or without support 3 seconds
- ☐ Front glide with support
- ☐ Back glide with support
- ☐ Entering and exiting pool
- ☐ Jump in water without support
- ☐ Front kick without support face in 5 seconds
- ☐ Back kick without support 5 seconds
- ☐ Front crawl arms – standing, 5 strokes
- ☐ Back crawl arms - standing, 5 strokes
- ☐ Front crawl and back crawl arms with support
- ☐ Elementary backstroke arms with support 5
- ☐ Lifejacket safety
- ☐ Water safety & pool rules

Exit Skills to go to next level:

- ☐ Enter water independently, travel at least 3 yards, bob 5 times and then safely 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. 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 under the water.
3. Have your child practice their glides both on the front and on the back. Add the kick to this when they are comfortable with this skill.
4. Have your child jump into the pool with or without support. Once they enter the pool turn them around and practice their front glides back to the wall.
5. Practice front and back crawl arms with you supporting your child.



Lakewood
Recreation

www.lakewood.org/swimming

Questions?

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