

Swimming Lessons

Parent and Child Aquatics
For children ages 6 months to 3 years
40 minute classes
Parent participation is required

The purpose of this course is to familiarize young children to the water and prepare them to learn how to swim in the upcoming courses.

Objectives:

- Enter by stepping or jumping in
- Exit by lifting, walking, pushing out
- Blowing bubbles/bobbing up and down
- Underwater exploration
- Side sweeping/scooping/partner passing
- Toys and water games
- Front and back floats with support
- Kicking on front and back with support
- Rolling from front to back/back to front
- Introduction to elementary back stroke
- Introduction of back crawl arm motion
- Introduction of diving (sitting position/kneeling position)

