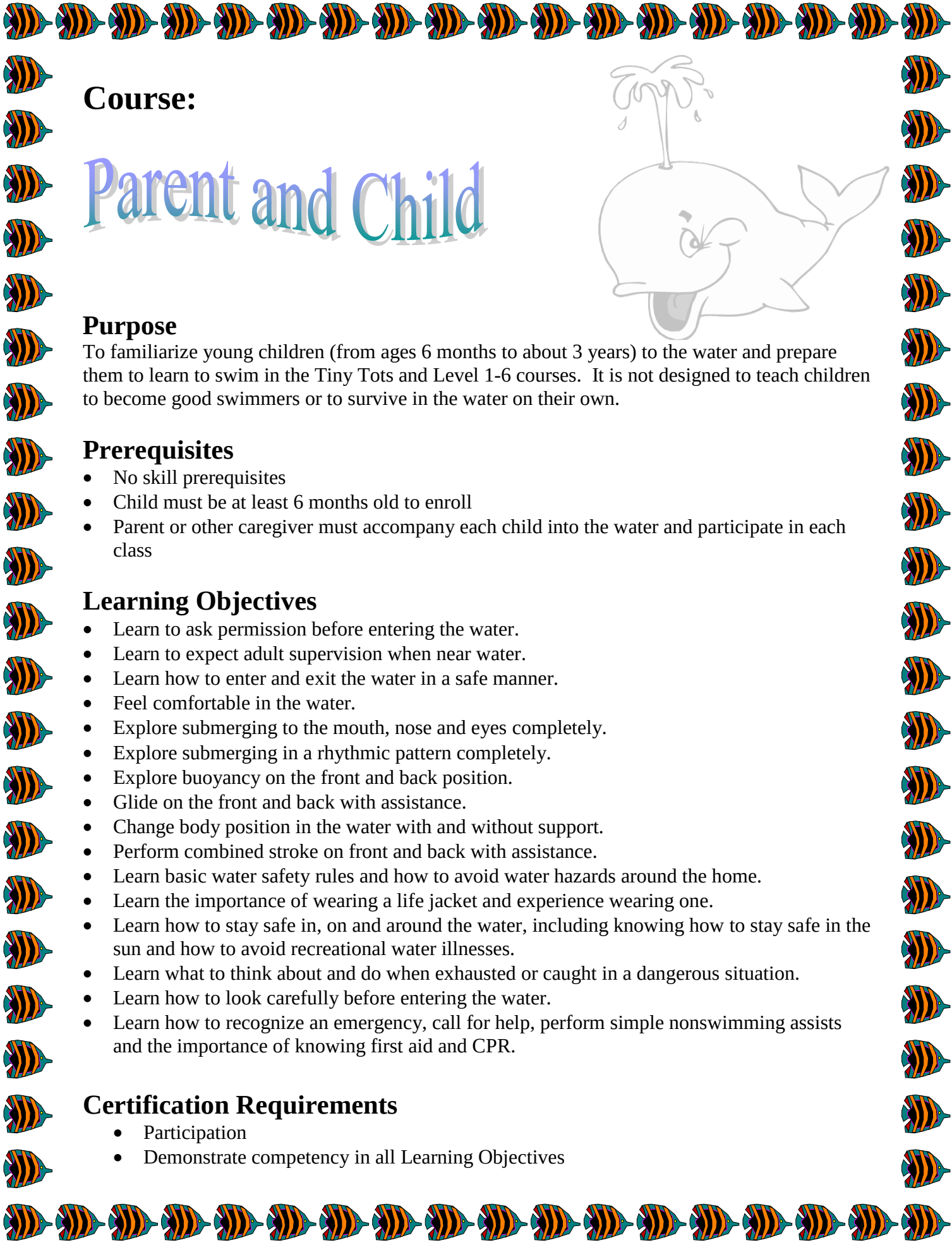




Course:

Parent and Child



Purpose

To familiarize young children (from ages 6 months to about 3 years) to the water and prepare them to learn to swim in the Tiny Tots and Level 1-6 courses. It is not designed to teach children to become good swimmers or to survive in the water on their own.

Prerequisites

- No skill prerequisites
- Child must be at least 6 months old to enroll
- Parent or other caregiver must accompany each child into the water and participate in each class

Learning Objectives

- Learn to ask permission before entering the water.
- Learn to expect adult supervision when near water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes completely.
- Explore submerging in a rhythmic pattern completely.
- Explore buoyancy on the front and back position.
- Glide on the front and back with assistance.
- Change body position in the water with and without support.
- Perform combined stroke on front and back with assistance.
- Learn basic water safety rules and how to avoid water hazards around the home.
- Learn the importance of wearing a life jacket and experience wearing one.
- Learn how to stay safe in, on and around the water, including knowing how to stay safe in the sun and how to avoid recreational water illnesses.
- Learn what to think about and do when exhausted or caught in a dangerous situation.
- Learn how to look carefully before entering the water.
- Learn how to recognize an emergency, call for help, perform simple nonswimming assists and the importance of knowing first aid and CPR.

Certification Requirements

- Participation
- Demonstrate competency in all Learning Objectives