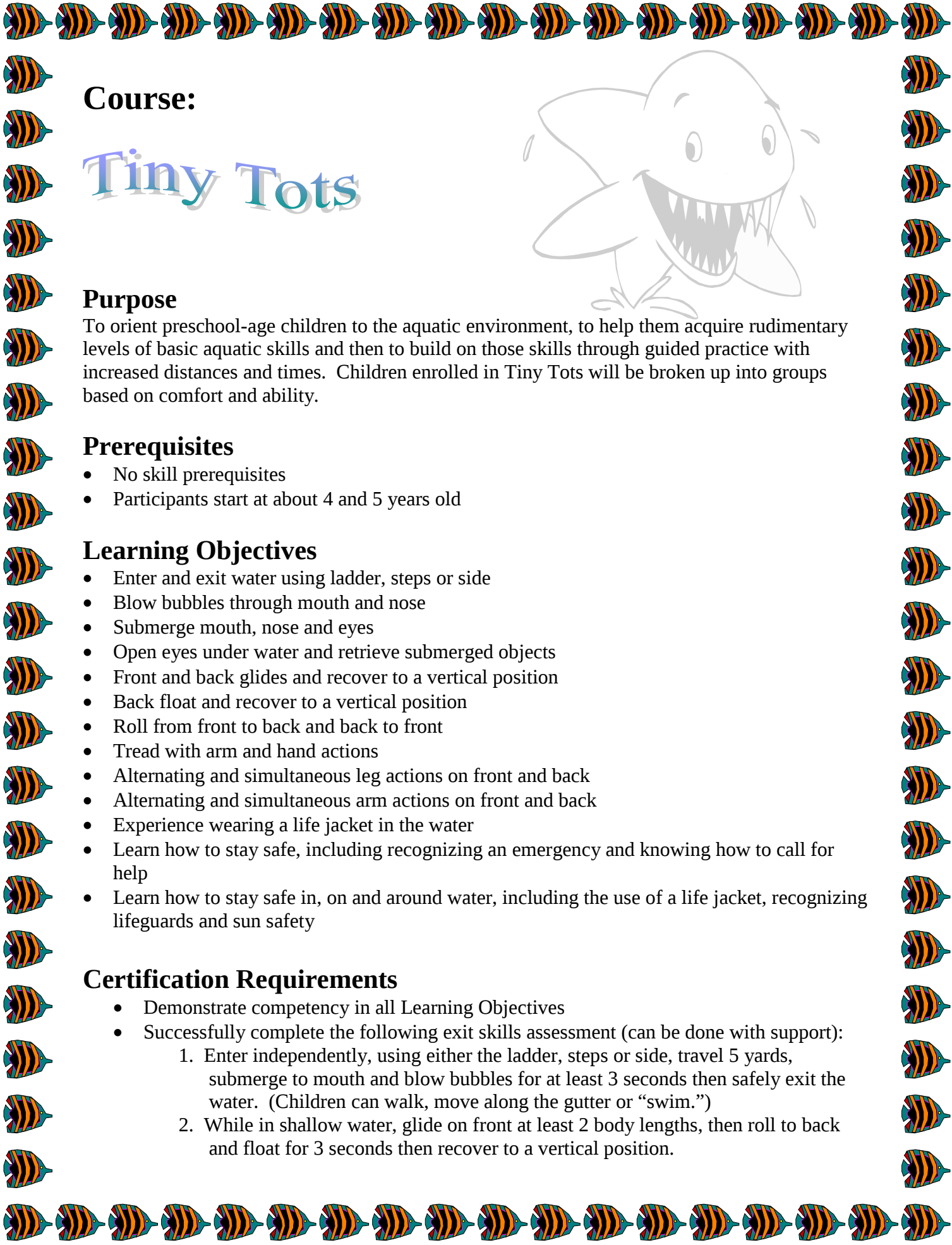
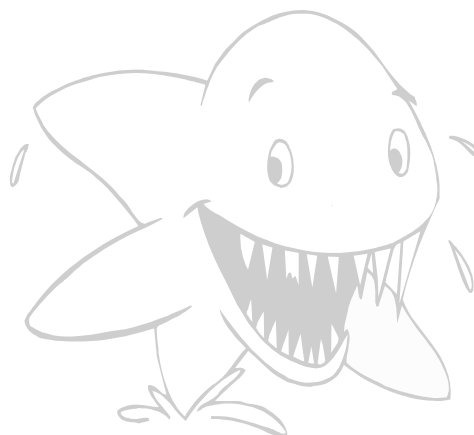




Course:

Tiny Tots



Purpose

To orient preschool-age children to the aquatic environment, to help them acquire rudimentary levels of basic aquatic skills and then to build on those skills through guided practice with increased distances and times. Children enrolled in Tiny Tots will be broken up into groups based on comfort and ability.

Prerequisites

- No skill prerequisites
- Participants start at about 4 and 5 years old

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Experience wearing a life jacket in the water
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around water, including the use of a life jacket, recognizing lifeguards and sun safety

Certification Requirements

- Demonstrate competency in all Learning Objectives
- Successfully complete the following exit skills assessment (can be done with support):
 1. Enter independently, using either the ladder, steps or side, travel 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
 2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float for 3 seconds then recover to a vertical position.