

SWIM LESSON GUIDE FOR PARENTS

x = swimmers must be able to...

SKILLS REQUIRED	Level 1 Seahorse	Level 2 Starfish	Level 3 Seals	Level 4 Dolphins	Swim Club
Must be 3 years old	X				
Needs to be able to be in water without a parent	X				
Go underwater independently		X			
Float 5 seconds on stomach with face in water, independently		X			
Float 5 seconds on back, independently		X			
Attempt to move forward in water (doggie paddle) independently		X			
Tread water and back float 15 seconds each			X		
Swim 5 body lengths on stomach			X		
Swim 5 body lengths on back			X		
Swim-Roll-Float-Roll-Swim Combo			X		
Perform at a basic level front crawl with rotary breathing & elementary backstroke				X	
Perform at a basic level dolphin, scissors, flutter, and breaststroke kicks				X	
Tread water for 1 minute				X	
Jump in-Tread/Float-Swim 25 yards Combo				X	
Streamline pushoff-Swim front crawl 15 yards-Turn-Swim elementary backstroke 15 yards Combo				X	
Swim 50 yards non-stop-25 yards front crawl followed by 25 yards elementary backstroke					X
Swim 15 yards breaststroke followed by 15 yards back crawl					X
15 yards butterfly					X
15 yards sidestroke					X



The Parents Guide To Swimming

Jack Barnes



The Parents Guide To Swimming:

The Parents Guide to Competitive Swimming Fred Cruciger,1990 *Teaching Your Tot to Swim* Lucile Cowle,1970-01-01 **Teach Your Child to Swim** Susan Meredith,Carol Hicks,Jackie Stephens,2007-12 Originally published London Usborne 2006 *The Parent's Guide To* Robert Pierson Broome,2005-07-01 **THE FIRST STEP BY STEP LEARN TO SWIM AND WATER SAFETY GUIDE OF ITS KIND FOR AGES 6 MONTHS AND UP** The Parent s Guide To Water Safety And Swim Instruction is the only step by step learn to swim guide that teaches you to prepare your loved one for swim lessons from a trained instructor while teaching you to understand what the instructor is doing or should be doing If you choose to teach your loved one to swim yourself use this book to guide you and your student through the lessons step by step from adjusting to the water and loosing the fear to swimminf the front crawl and back crawl strokes You will learn in detail what skills to teach and the proper order of progressions The book explains psychologically how apprehensive and confident students generally react to learning new skills Then instructions are provided for you yo help the student learn the skills

Parent's Guide to Competitive Swimming Jack Barnes,1970* The Parent's Guide to Uncluttering Your Home Janet Morris Grimes,2011 This book was compiled to show even the most vociferous of packrats how to start sorting through their possessions and putting aside everything that just doesn t need to be in the way anymore *Water Safe, Water Smart* Kim Blanche,2025-02-25 *Teach Your Child to Swim Safely and Confidently* Are you looking for a fun effective way to teach your child to swim *Water Safe Water Smart A Parent s Guide to Teaching Kids to Swim* is the ultimate resource for parents who want to turn their child into a confident water smart swimmer Whether you re starting with a toddler or helping an older child refine their skills this guide has everything you need to make learning to swim a positive and rewarding experience *Inside You ll Discover Step by step instructions for teaching essential swimming skills from blowing bubbles to mastering strokes Practical water safety tips to keep your child safe in pools lakes and oceans Fun games and activities to build confidence and make learning enjoyable Printable checklists and progress trackers to monitor your child s development Why Choose This Guide* Written in a simple easy to follow format perfect for busy parents Packed with expert advice to help your child overcome fear and build lifelong swimming skills Includes bonus resources like a water safety checklist and swim lesson plan template Perfect For Parents of toddlers and young children just starting their swimming journey Families looking to improve water safety and swimming skills Anyone who wants to make learning to swim a fun stress free experience *Download Now and Start Your Child s Swimming Journey Today* **The Parent's Guide** Stephen B. McCarney,Angela Marie Bauer,Kathy Wooderich,1989 A practical straight forward approach to parent guidance Splash Andrew M. Jackson,Andrea Siegel,2014-12-01 What makes this book different from other swimming books We believe that the most important thing to do is to help your child overcome fear of the water We emphasize safety Everything s been tested Our method is straightforward and effective First remove the fear then teach the skills We show you step by step how to teach

basic water safety skills and then how to teach all the parts of each swimming skill so that children learn easily We teach you how to demonstrate everything you want your child to try so your child is more comfortable This way you can help create a wonderful confident swimmer You ll have fun and your child will too *The Parent Guide to Our Whole Lives* Pat Hoertdoerfer,2000 **The Parent's Guide to Children's Congenital Heart Defects** Gerri Freid Kramer,Shari Maurer,2001 Provides answers to parents concerns about congenital heart defects discussing the various types of problems their causes and long term prognoses the treatment options available and what parents can do to help their children *The Parents' Review* ,1906 **The Parents Guide for the Transmission of Desired Qualities to Offspring, and Childbirth Made Easy** Hester Pendleton,1876 **The Parents' Guide to L.A., 1995** Karin Mani,1994-10 **The Everything Parent's Guide To Childhood Illnesses** Leslie Young,Vincent Iannelli,2007-03-13 Written by a recognized M D with his own pediatric office The Everything Parent s Guide to Childhood Illnesses debunks the myths and offers you a trusted reference for recognizing and troubleshooting common childhood illnesses With this book you will feel confident that you can handle common ailments and gauge the seriousness of your child s condition This helpful guide covers newborns to adolescents offering detailed information and helpful tips on Diaper rashes and skin problems Antibiotics and vaccines When to worry about a fever Cold remedies for infants Bedwetting Dr Young gives you the straight facts helping you avoid costly doctor visits and worrisome sleepless nights The Everything Parent s Guide to Childhood Illnesses will help you sleep better at night knowing you have the tools and know how to raise a happy healthy child **Water Safety** ,2006-11 Parents' Guide to Accredited Camps ,1988 *Teaching Your Tot to Swim* Lucile Cowle,1972 **The Parents' Review** ,1892 **The Parent's Guide to Pediatric Drugs** Ruth McGillis Bindler,Yvonne Tso,Linda Berner Howry,1986

The Enigmatic Realm of **The Parents Guide To Swimming**: Unleashing the Language is Inner Magic

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