

Beginning Tots- Water Adjustment

Water Adjustment:

- I can put my face in the water
- I can fully submerge and hold breath up to 3 sec.

Buoyancy and Breath Control:

- I can float on my front with support
- I can float on my back with support
- I can blow bubbles
- I can bounce up and down in chest deep water
maintaining an upright position for 10 bounces

Water Entry and Exit:

- I can enter and exit the water from the stairs
- I can enter and exit the water from the wall

Locomotion:

- I can kick with a barbell with a little support
- I can walk in the water using alternate arm action
- I can kick on my front with a little support
- I can kick on my back with a little support

Safety:

- I can stay on the steps by myself
- I know water safety rules
- I know how to get help
- I know how to wear a lifejacket on deck and enter
shallow water

Water Babies- Water Adjustment with Parent

Water Adjustment:

- I can put my face in the water
- I can fully submerge and hold breath (3 seconds)

Buoyancy and Breath Control:

- I can float on my front with support
- I can float on my back with support
- I can blow bubbles

Water Entry and Exit:

- I can enter and exit the water from the stairs
- I can enter and exit the water from the wall

Locomotion:

- I can kick with a barbell with support
- I can kick on my front with support
- I can kick on my back with support

Safety:

- I can stay on the steps by myself
- I know water safety rules
- I know how to get help
- I know how to wear a lifejacket on deck and enter
shallow water