



Parent and Child Aquatics

The completion goals for Parent and Child Aquatics:

- Holding and support techniques—demonstrated by the parent
- Aquatic skills—in Level 1, the child explores with support and in Level 2, the child demonstrates with support or assistance unless otherwise noted
- Water safety topics—the parents discuss to show understanding unless otherwise noted

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Holding and Support Techniques	
<ul style="list-style-type: none"> • Face-to-face positions <ul style="list-style-type: none"> ○ Hug position ○ Chin support ○ Shoulder support on front • Back-to-chest position <ul style="list-style-type: none"> ○ Cuddle • Side-to-side position <ul style="list-style-type: none"> ○ Hip straddle ○ Shoulder support on side 	<p>Holding and Support Techniques</p> <ul style="list-style-type: none"> • Face-to-face position <ul style="list-style-type: none"> ○ Hip support on front • Back-to-chest positions <ul style="list-style-type: none"> ○ Hip support on back ○ Back support ○ Arm stroke
Water Adjustment, Entry and Exit	
<ul style="list-style-type: none"> • Getting wet <ul style="list-style-type: none"> ○ Getting wet with toys ○ Getting wet kicking • Water entry <ul style="list-style-type: none"> ○ Lifting in ○ Walking in • Exploring the pool <ul style="list-style-type: none"> ○ Out-of-water exploration ○ In-water exploration • Water exit <ul style="list-style-type: none"> ○ Lifting out ○ Walking out 	<ul style="list-style-type: none"> • Water entry <ul style="list-style-type: none"> ○ Seated position—rolling over and sliding in ○ Stepping or jumping in ○ Using a ladder—independently ○ Using stairs—independently • Exploring the pool—independently, in shallow water • Water exit <ul style="list-style-type: none"> ○ Using side of pool—independently ○ Using a ladder—independently

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Breath Control	
<ul style="list-style-type: none"> ● Blow bubbles on the surface ● Blow bubbles with mouth and nose submerged ● Underwater exploration ● Submerge mouth, nose and eyes 	<ul style="list-style-type: none"> ● Underwater exploration—in shallow water <ul style="list-style-type: none"> ○ Open eyes and retrieve objects below the surface ○ Open eyes and retrieve submerged objects ● Bobbing—explore, independently
Buoyancy on Front	
<ul style="list-style-type: none"> ● Front float ● Front glide 	<ul style="list-style-type: none"> ● Front float ● Front glide ● Front glide to the wall
Buoyancy on Back	
<ul style="list-style-type: none"> ● Back float ● Back glide 	<ul style="list-style-type: none"> ● Back float ● Back glide
Changing Direction	
<ul style="list-style-type: none"> ● Roll from front to back ● Roll from back to front 	<ul style="list-style-type: none"> ● Roll from front to back ● Roll from back to front
Swim on Front	
<ul style="list-style-type: none"> ● Passing from instructor to parent ● Leg action 	<ul style="list-style-type: none"> ● Passing between adults ● Drafting with breathing ● Leg action—alternating or simultaneous movements ● Arm action—alternating or simultaneous movements ● Combined arm and leg actions on front with breathing—explore, with assistance
Swim on Back	
<ul style="list-style-type: none"> ● Leg action 	<ul style="list-style-type: none"> ● Leg action—alternating or simultaneous movements ● Arm action—alternating or simultaneous movements ● Combined arm and leg actions on back—explore
Water Safety	
<ul style="list-style-type: none"> ● Good supervision around the water ● The importance of wearing a life jacket ● How to call for help and the importance of knowing first aid and CPR ● Basic water safety rules ● General water safety around the home ● Recreational water illnesses ● Sun safety 	<ul style="list-style-type: none"> ● Good supervision around the water ● Wearing a life jacket in the water—child demonstrates ● Reaching assists—parent demonstrates ● Basic water safety rules review ● Safety at the beach and at the waterpark ● Water toys and their limitations