

CANGREJO

Intro to SWIM SAFETY: Comfort
ages 4-5 (no parent)

CLASS GOALS & SKILLS PRACTICED

1 FACE IN WATER FOR 4 SECONDS WITH BUBBLES
-repeat 3 times in a row, with 3 second break in-between

2 BACK FLOAT FOR 5 SECONDS
-no assistance from instructor

3 FRONT PUSH OFF FROM WALL INTO POOL
-with noodle belt, to instructor

4 BACK BLAST OFF FROM WALL
-no assistance for 3 feet

5 FLUTTER KICK INTRODUCTION
-with noodle belt & kick board, 6 feet, independently

6 BACKSTROKE KICK INTRODUCTION
-with kick board or barbell, 6 feet independently

7 REACH AND PULL ARMS
-with noodle belt and kick board, 6 feet independently

CLASS GUIDELINES: *This is a non-parent class from day 1. If your child is new to swim lessons or might have problems separating from a parent, it its best to start with "ADVANCED TORTUGAS"*