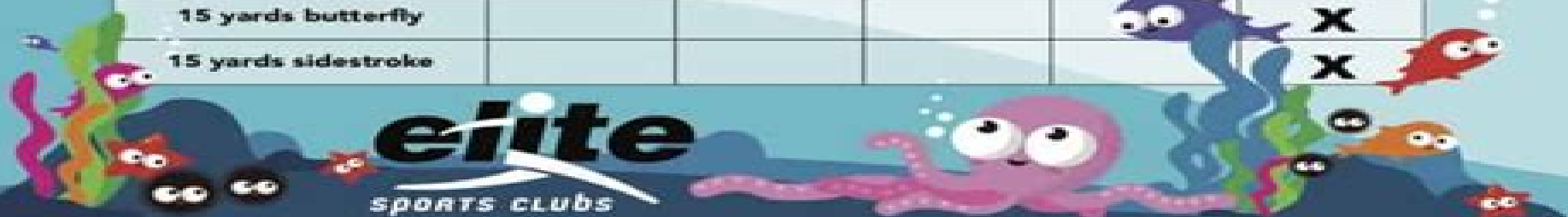


SWIM LESSON GUIDE FOR PARENTS

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

Charles Slagg



The Parents Guide To Swimming:

The Family Guide to Survival Skills That Can Save Your Life and the Lives of Your Family Alan Corson, 2013-04 Think about where you are right now How well would you and your family fare if today right now you were suddenly faced with an enormous disaster a massive earthquake a sudden flood a horrific hurricane tornado super storm or other catastrophic event If you and your family are not fully prepared to face the events after a disaster and you want to learn how to prepare for and survive when a disaster strikes this book could save your life and the lives of your family This book details lifesaving information and illustrations for you and your family to help ensure your survival in the event of a disaster *The Parents'*

Guide to Specific Learning Difficulties Veronica Bidwell, 2016-05-19 From dyslexia to ADHD from poor working memory to slow visual processing Specific Learning Difficulties SpLDs represent real differences in the way children learn This book sets out to demystify SpLDs and provide practical strategies to support and motivate children throughout their education

The Family Guide to Brussels J. R. Scott (of Brussels.), 1884 The Parents Guide to Competitive Swimming Fred Cruciger, 1990 **The PDR Family Guide to Nutrition and Health**, 1995 A complete guide to sensible health and

nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food **Teach Your Child to Swim** Susan

Meredith, Carol Hicks, Jackie Stephens, 1988 Contains ideas for introductory activities for babies and children of all ages

Explains how to teach major strokes and water skills including diving in pictures and text Parents' Guide to Accredited Camps, 1979 **The Family's Defender Magazine and Educational Review**, 1883 Water Safety, 2006-11 **A**

Parent's Guide to Understanding and Responding to Bullying Arthur M. Horne, Christopher D. Bell, 2008 This unique manual was developed to help parents assist their children in dealing with bullying situations The book promotes an understanding of the nature and extent of bullying the physical emotional and educational consequences to children who are targets of bullying who do the bullying or who as bystanders are directly affected by witnessing bullying and victimization

Catalogue of the Library of the Surgeon General's Office United-States Army, 1874 A Parent's Guide to the First Three Years Burton L. White, 1980 Abstract An updated version for parents of infants and toddlers integrates new findings into the original material and addresses the questions most often asked by parents Practical methods for identifying avoiding or coping with child rearing problems are suggested The importance of the emotional and educational development of a child during the first 3 years of life is stressed emphasizing the parent's contribution Descriptions of developmental stages and individual variations based on 30 years of observations and research are provided Some general concerns dealt with include working parents parental roles discipline early detection of developmental problems sibling influence play and childbirth method Toys are recommended for specific levels of development Behavior patterns of young children are described to provide a framework to help parents create an atmosphere conducive to successful child rearing cj *A Parent's Guide to*

Children's Medication in Canada Jackie Webber,1991 **Index-catalogue of the Library of the Surgeon-general's Office, United States Army** National Library of Medicine (U.S.),1896 *Swimming World and Junior Swimmer* ,1992 A Parent's Guide to College Entrance Exams Jay Blumenthal,Andrea K. Blumenthal,1999 Provides background information on the SAT and ACT exams and offers advice on test preparation and suggestions for parents on handling different types of test takers Provided by publisher Water Engineering Charles Slagg,1888 *Parents' Guide to Summer Camps* Charlotte M. Shapiro,Lore Jarmul,1968 *Parents Guide to Water Safety* Claire Deutsher,2006 **A Parent's Guide to Early Childhood Education** Diane Trister Dodge,Joanna Phinney,1990 This handbook was originally intended for parents whose children attend programs which use The Creative Curriculum for Early Childhood CCEC but the informaton is also useful to parents whose children attend early childhood programs using other curriculum models based on child development theories The purpose of the handbook is to explain ways parents and teachers can work together at home and at school to help children acquire the skills attitudes and habits to do well in school and throughout life The guide explains the CCEC program s philosophy and goals It describes what children are learning while engaged in particular CCEC program activities and what they learn from the environment the daily schedule conversations and at home in the dining room living room kitchen children s bedroom bathroom and outside Concluding remarks stress that the key to providing successful learning experiences for young children is to figure out what interests the child and use those interests to engage him or her in actively exploring and learning about the environment It is emphasized that every place is a learning environment for a child regardless of where the family lives or what kind of home the family lives in RH

Delve into the emotional tapestry woven by Crafted by in **The Parents Guide To Swimming** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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The Parents Guide To Swimming Introduction

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