



# Parent and Child Aquatics

## SKILLS CHART

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

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