

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

B Lingard



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Table of Contents The Parents Guide To Swimming

1. Understanding the eBook The Parents Guide To Swimming
 - The Rise of Digital Reading The Parents Guide To Swimming
 - Advantages of eBooks Over Traditional Books
2. Identifying The Parents Guide To Swimming
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Parents Guide To Swimming
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Parents Guide To Swimming
 - Personalized Recommendations
 - The Parents Guide To Swimming User Reviews and Ratings
 - The Parents Guide To Swimming and Bestseller Lists

5. Accessing The Parents Guide To Swimming Free and Paid eBooks
 - The Parents Guide To Swimming Public Domain eBooks
 - The Parents Guide To Swimming eBook Subscription Services
 - The Parents Guide To Swimming Budget-Friendly Options
6. Navigating The Parents Guide To Swimming eBook Formats
 - ePub, PDF, MOBI, and More
 - The Parents Guide To Swimming Compatibility with Devices
 - The Parents Guide To Swimming Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Parents Guide To Swimming
 - Highlighting and Note-Taking The Parents Guide To Swimming
 - Interactive Elements The Parents Guide To Swimming
8. Staying Engaged with The Parents Guide To Swimming
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Parents Guide To Swimming
9. Balancing eBooks and Physical Books The Parents Guide To Swimming
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Parents Guide To Swimming
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Parents Guide To Swimming
 - Setting Reading Goals The Parents Guide To Swimming
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Parents Guide To Swimming
 - Fact-Checking eBook Content of The Parents Guide To Swimming
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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