

Parent and Child

Class	Goals	Prerequisites
Parent and Child: Level 1	<ul style="list-style-type: none"> • Get young children comfortable in the water with the assistance of both a teacher and parent • Introduce basic water safety skills • Provide parents with knowledge and skills to help teach and reinforce aquatic skills 	<ul style="list-style-type: none"> • No skill prerequisites • Parent must accompany child in the water each week
Parent and Child: Level 2	<ul style="list-style-type: none"> • Reinforce and improve on skills practiced in Parent and Child Level 1 • Build on water safety skills 	<ul style="list-style-type: none"> • Knowledge of skills learned in Parent and Child Level 1 • Parent must accompany child in the water each week
Learning Objectives		
<ul style="list-style-type: none"> • See Skills Chart (below) 		
Length		
<ul style="list-style-type: none"> • Parent and Child classes consist of eight 30-minute sessions of water instructions. Parents must accompany children in the water during each session for the duration of class time. 		
Price		
<ul style="list-style-type: none"> • Price varies by residency. Please see the prices section on the home page of Swimdover.org under the swimming lessons tab. Dover Area School District employees, please be sure to contact daacswimlessons@gmail.com to learn about pricing for district employees. 		
Participant Materials		
<ul style="list-style-type: none"> • All materials needed related to swim lessons are provided by DAAC including flotation devices, equipment, and water toys. 		

Parent and Child Skills

Parent and Child Level 1	Parent and Child Level 1
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 positions <ul style="list-style-type: none"> ○ Cuddle • Side-to-side position <ul style="list-style-type: none"> ○ Hip straddle ○ Shoulder support on side 	<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 Variation, Entry, 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 child 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 child out ○ Climbing out ○ Using a ladder 	<ul style="list-style-type: none"> • Getting wet <ul style="list-style-type: none"> ○ Water entry Seated position ○ Seated position-rolling over to slide into water ○ Jumping/stepping in ○ Using steps independently • Exploring the pool <ul style="list-style-type: none"> ○ In-water exploration-independently • Water exit <ul style="list-style-type: none"> ○ Using side of pool-independently ○ Using ladder-independently
Breath Control	
<ul style="list-style-type: none"> • Blow bubbles on top of the water • Blow bubbles under the water with mouth • Blow bubbles under the water with nose • Submerge mouth, nose and eyes 	<ul style="list-style-type: none"> • Underwater exploration <ul style="list-style-type: none"> ○ Open eyes and retrieve objects from below the surface ○ Bobbing
Skills on Front	
<ul style="list-style-type: none"> • Front glide • Passing from instructor to parent • Leg action (kicking) 	<ul style="list-style-type: none"> • Front glide from the wall • Front glide to the wall • Front float • Passing from instructor to parent • Leg action (alternating or simultaneous kicking movements) • Arm action (alternating or simultaneous movements) • Combined arm and leg actions on front with breathing

	<ul style="list-style-type: none"> • Exploring (with assistance)
Skills on Back	
<ul style="list-style-type: none"> • Back glide • Back float • Leg action (kicking 	<ul style="list-style-type: none"> • Back glide • Back float
Body Position	
<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
Water Safety	
<ul style="list-style-type: none"> • Importance of wearing a life jacket • How to call for help • Knowing first-aid and CPR • Water safety rules in and around pools • Water safety at home • Water illness • Sun safety 	<ul style="list-style-type: none"> • Wearing a life jacket • Reaching assists to get help • Water safety rules review • Water safety at the beach and waterparks • Water toys and their limitations