

# **Nevada Parks and Recreation**

## **Group Swim Lesson Program**

### **Parent/Child Water Introduction**

**Level 1 - 6 months - 1 year    Level 2 2 & 3 year olds.**

**Skills taught to age appropriate level of child**

#### **1. Holding and Supporting Techniques**

⇒ **Shoulder**

⇒ **Chin**

⇒ **Cuddle**

⇒ **Hip**

#### **2. Cueing**

#### **3. Water Entry and Exit**

#### **4. Breath Control (blowing bubbles and underwater)**

#### **5. Supported front swimming (supported glide, leg action)**

#### **6. Supported back swimming (supported glide, leg action)**

#### **7. Enter and exit the water assisted and unassisted**

#### **8. Getting Adjusted to the water**

#### **9. Blowing Bubbles**

#### **10. Leg and arm action front and back**

#### **11. Submersion (if appropriate)**



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