

HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: _____

Instructor's Name: _____

Level swimmer should register for: _____

Date Completed: _____

Aqua Tot: Level 1

- Hug position
- Chin position
- Shoulder support on front
- Hip straddle
- Shoulder support on side
- Cueing
- Getting wet with toys
- Getting wet kicking
- Enter water by lifting in
- Enter water by walking in
- Out of water exploration
- In water exploration
- Exit water by lifting out
- Exit water by walking out
- Exit water by using ladder
- Blow bubbles with mouth and nose submerged
- Underwater exploration
- Submerge mouth, nose and eyes
- Front glide
- Back glide
- Back float
- Roll from front to back
- Roll from back to front
- Passing from instructor to parent
- Leg action on front
- Leg action on back
- Water Safety Skills
 - * The importance of wearing a life jacket
 - * How to call for help and the importance of knowing first aid & CPR
 - * Basic water safety rules
 - * General water safety around the home
 - * Recreational Illnesses
 - * Sun safety

Instructor's Notes:



**Parks
Make
Life
Better!**

REGISTER ONLINE AT: WWW.HERCULESREC.COM OR CALL: 799-8291