



La Petite Baleen Little Fin Progress Report

Working toward a Green Ribbon

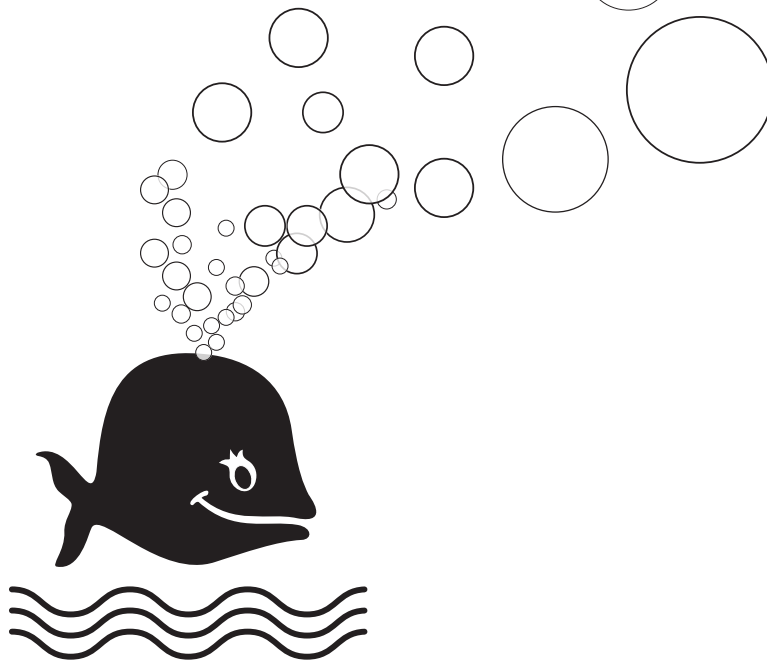
When you achieve each of these skills, you will receive a sticker
to place in the corresponding circle.

Swim 6' using the basic dog paddle
in a horizontal position with eyes down.

Swim
Horizontally
to Island

Use good breath control.

Proper
Breath
Control



Little Fin Progress Report

Working toward a Green Ribbon.



Common difficulties with this level:

- **Nose Sniffing** — Sometimes a child will inhale water through their nose when first learning to put their face in the water. The teacher will use a nose clip or “scuba” style mask to prevent this. You may wish to purchase a nose clip and practice with it at home in the tub. The child will learn to hold their breath correctly during lessons, eliminating the need for it.
- **Vertical body position** — Many children will be uncomfortable lying horizontally in the water with their face down. They may try to swim vertically with their face down. They may try to swim vertically with their legs down and their heads up. This does not promote forward movement. The teacher will work each week to help the child become comfortable in the correct position. Ask your deck support for homework suggestions for this level.
- **Lack of hand paddles** — Some children are able to swim 6' to the island, but they do not use their arms at all. They must have good hand paddles to earn the green ribbon.



Here are some homework ideas for you and your child to help them earn their Green Ribbon:

1. Long balloon faces in the tub to songs or counting.
2. Do paddle hands in front of a mirror.
3. From a floor tummy position, do small kicks for 5-10 seconds and rest; repeat. This is excellent for posture and strengthens the torso. Parents can benefit also!