



La Petite Baleen

Little Fin Progress Report

Working toward a Purple Ribbon

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

Swim 38' of basic freestyle.

Freestyle

Swim 38' of backstroke.

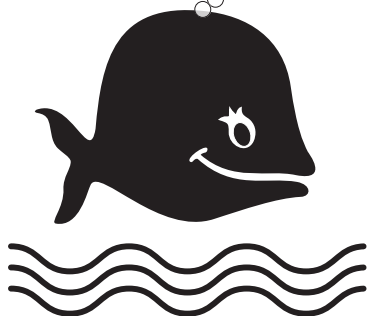
Back-stroke

Swim 38' with dolphin kicks.

Wiggle Butts

Swim 38' doing layout back sculls without kicks.

Sculling



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

1. Have a child look in a mirror while doing basic freestyle (Big Arms) forward (making sure hands touch in the front) and then backwards (making sure arms are always opposite each other). Make a game of it, changing directions on command.
2. As a child progresses in freestyle stroke (Big Arms), they can do “catch-up arms” on land to reinforce the drill for this.
3. Lying on the ground on their tummy, have your child bring their arms down to their sides. Tell them to arch their back and lift their chin up to the sky to practice getting their “sneaky breath” for Wiggle-Butts.