



# La Petite Baleen Little Fin Progress Report

Working toward a White Ribbon

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

Tread water for 1 minute  
(face above the surface)  
using hand sculls.

Treading  
Water

Dive from deck into pool (head first, feet last).

Diving

Do a surface dive and pick up a toy in 6' of water.

Surface  
Dive  
6'

Submerge and swim completely  
underwater for 16'.

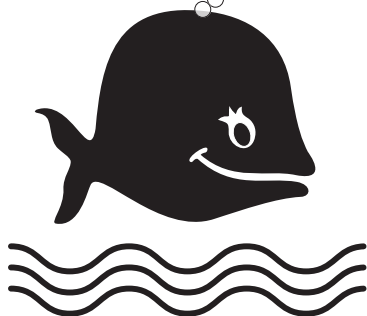
Underwater  
Swim 16'

38' dog paddle in good form with up-faces.

Up-Faces

Jump in the water and swim without goggles.

No  
Goggles  
Swim



# Little Fin Progress Report

## Working toward a White Ribbon.



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

1. Practice somersaults on the floor, emphasizing tucking their chin down on their “speed button.” This helps for surface dives and deck dives.
2. Practice “mule kicks.” Place hands on floor and kick feet up one at a time. Start small and get braver with higher kicks. It helps to strengthen arms and helps lessen the fear of falling.
3. While the head is submerged under water, have the child hold his/her breath. Each time should be a little longer to build lung capacity.
4. While in the car, have your child hold his/her breath going through tunnels and at red lights. Emphasize how much easier it is for them when they relax!