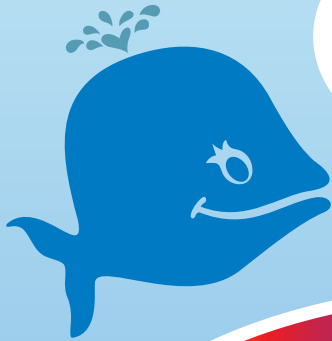


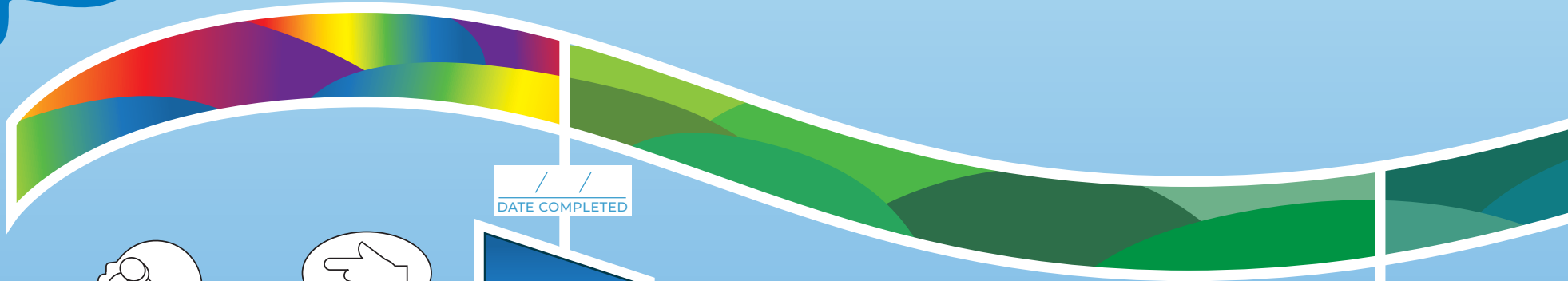
Tips from
WAVERLY WHALE



"Look at you - ready to go!
Tape this to your wall or put
it on the fridge so the whole
family can follow your
swimming journey."

Water Acclimation

LEVEL ONE



**Balloon
Face**




**Follows
Directions**



**No Crying
3 weeks**

DATE COMPLETED

**La
Petite
Baleen**



LEVEL 1
Rainbow Ribbon



**Face-to-Face
Submersion
with breath
control 3 sec.**



**Back Float
with support
10 sec.**



**Sit Jumps with
Climb Out**



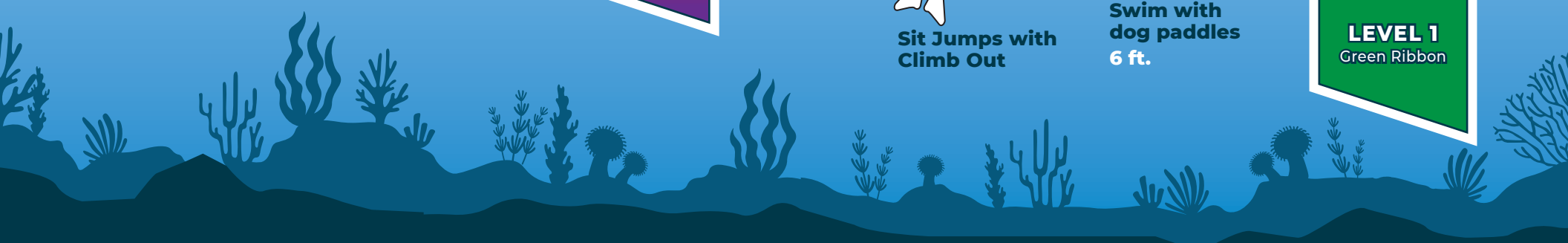
**Horizontal
Swim with
dog paddles
6 ft.**

DATE COMPLETED

**La
Petite
Baleen**



LEVEL 1
Green Ribbon





LEVEL ONE

INFORMATION FOR PARENTS

Level One Goals

Your child is learning the basics of swimming and this starts with **emotional readiness** and proper **breath control**. Students should hold their breath with a proper Balloon Face - **no blowing bubbles**.

What This Means for Parents

After your child graduates Level One, outside of swim class you should expect to be in the water with your child, within arm's reach at all times. Level One graduates are often confident, but lack the decision-making abilities necessary to keep themselves safe around water.

Special Note for Toddlers

In Toddler & Me class, you're working together on Level One Green Ribbon skills. If these are achieved before your child turns 3, they will transition to a Level Two big-kid class. No matter how far they progress in Toddler & Me class, they will still earn a Rainbow Ribbon after successfully transitioning to a big-kid class (this means no crying and showing the ability to follow the teacher's directions, both challenging as they adjust to being in a class without their parent/caregiver).

Level 1 homework videos



LEVEL ONE HOMEWORK

1. Play with watering cans, cups or other toys during bath or shower time.
2. Do paddle arms in front of a mirror.
3. Practice balloon faces in the tub. Start with getting the chin or cheek wet, eventually working toward completely submerged nose and eyes. (Bath time is also ideal for practicing with goggles!) Sing or count to extend time, working toward a 3-5 sec. balloon face for proper breath control.
4. Do 4 sets of mini-pushups from the knee position to strengthen arms for climbing out of the pool.
5. From a tummy position on the floor, do small kicks for 5-10 seconds. Rest and repeat.

COMMON DIFFICULTIES

Nose sniffing: Inhaling water through the nose is common when children are learning to put their faces in the water. Your teacher may use a nose clip or "scuba" style mask initially to encourage mouth breathing and reduce the chances of pain (and crying). At home, practice giving noses a gentle squeeze and breathing only through the mouth.

Vertical body position: Many children are initially uncomfortable swimming horizontally, resulting in an ineffective and unsafe vertical swim position. Teachers will help students achieve a proper swimming position by utilizing toys and other equipment. Nose clips and scuba masks may be used here as well.

Lack of paddle arms: Some children are able to swim to the island without using their arms. The Green Ribbon requires proper dog paddle arms. Practicing at home helps build proper muscle memory.

****IMPORTANT: BALLOON FACE, NOT BUBBLES**