

PARENT AND CHILD AQUATICS - LEVEL 1

SAFETY TOPICS:

- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

NEW SKILLS:

- Hug position
- Chin support
- Cuddle position
- Getting wet with toys
- Getting wet kicking
- Enter water by lifting in
- Blow bubbles with mouth and nose submerged
- Underwater exploration
- Submerge mouth, nose and eyes
- Passing from instructor to parent
- Leg action on front
- Leg action on back

HAMILTON HEALTH & FITNESS