

## PARENT AND CHILD AQUATICS - LEVEL 2

### **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:**

- Shoulder support on front
- Hip straddle
- Shoulder support on side
- Cueing
- Getting wet with toys
- Getting wet kicking
- Enter water by walking in
- Out of water exploration
- In water exploration
- Exit water by lifting out
- Exit water by walking out
- Exit water using a ladder
- Blow bubbles on the surface
- Blow bubbles with mouth and nose submerged
- Underwater exploration
- Submerge mouth, nose and eyes
- Front glide
- Back glide
- Back float
- Roll from front to back
- Roll from back to front
- Passing from instructor to parent
- Leg action on front
- Leg action on back

HAMILTON HEALTH & FITNESS