

## Parent & Child

### Skill Chart

#### Water Adjustment, Entry and Exit

- Enter water with parent support
- Exit water with parent support
- Feel comfortable in the pool environment

#### Breath Control and Submerging

- Blow bubbles
- Get face wet comfortably
- Practice supported submersion

#### Buoyancy on Front and back

- Supported front float
- Supported back float
- Assisted front glide
- Assisted back glide

#### Movement and Swim Readiness

- Kicking on front
- Kicking on back
- Reaching and pulling motions
- Moving through water with support

#### Water Safety Foundation

- Safe supported holds
- Comfort transitioning in the water
- Early safety habits with parents' participation

