


# Tumbling Minnows

Pre-Requisite	<ul style="list-style-type: none"> <li>• Achieved Guppies skills</li> <li>• At least 3 years of age</li> <li>• 4th year of life in the pool</li> </ul>
Description	<ul style="list-style-type: none"> <li>• Fun and exciting class to develop cross coordination, swimming essentials and pool safety critical to enjoy water activities</li> </ul>
Objectives	<ul style="list-style-type: none"> <li>• Develop breathing &amp; body movement skills to gain independence in water with some help and guidance, use the perimeter to swim around the entire pool</li> <li>• Use arm-bands and/or belts to assist lifting the head to breathe, accelerates learning curve</li> </ul>
Time Commitment to Safety	<p>Recommended annually, either/or,</p> <ul style="list-style-type: none"> <li>• ~64 weekly 40 min group lessons</li> <li>• ~40 sessions of 20 min of 1 on 1 instruction</li> <li>• Attend summer camp at least 4 weeks should include aquatic education</li> </ul>
<p>Exit Skills</p> 	<ul style="list-style-type: none"> <li>• Breathing &amp; nose protection             <ul style="list-style-type: none"> <li>- Submerge whole head and blow trumpet "ppppp" 3-5 seconds, hold breath (balloon face) 6-10 seconds, exhale nose "mmmm" 2-4 seconds</li> <li>- Can take breaths independently</li> <li>- Can do bobbing continuously holding on to an object</li> </ul> </li> <li>• Safety &amp; flotation             <ul style="list-style-type: none"> <li>- From a horizontal position, roll to back, float up to 15 seconds, roll back to belly and swim up to 2 body lengths</li> <li>- Push off and swim using combined arm and leg actions on front up to 2 body lengths after each breath</li> </ul> </li> <li>• Body movement &amp; balance             <ul style="list-style-type: none"> <li>- Gliding on front and back at least 2 body lengths, may have assistance</li> <li>- Swim using combined arm and leg action on front for 3 body lengths</li> <li>- Push off the bottom, move into a treading or floating position for 10 seconds</li> <li>- Swim on front and/or back for 4 body lengths, then exit the water</li> <li>- Roll to front, swim or float for 5 seconds then recover to a vertical position</li> <li>- Fetches objects from the bottom 3 foot-deep, without assistance</li> </ul> </li> <li>• Navigation             <ul style="list-style-type: none"> <li>- Able to move safely and play independently around pool with a flotation device: barbell or flotation "boom boom" belt</li> <li>- Comfortable in chest deep water (can perform bobbing)</li> <li>- Can swim a 60 foot pool unassisted</li> </ul> </li> </ul>