



Guppies

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| Pre-Requisite | <ul style="list-style-type: none"> Achieved Diaper Dolphins exit skills Child at least 30 months old 3rd Year of life |
| Description | <ul style="list-style-type: none"> Fun and energetic class filled with activities that motivate children to be water safe, every child 4 & under, regardless of ability or prowess should CHOOSE to call a parent before entering a body of water |
| Objectives | <ul style="list-style-type: none"> Enhance child's body balance and limb coordination, safer than any other sport Control and move in a low gravity (multi-dimension) environment Develop breath control Be careful in order to gain self-esteem and independence Learning to follow instructions |
| Time Commitment to Safety | <p>Recommended annually, either/or,</p> <ul style="list-style-type: none"> ~32 weekly 40 min group lessons: 4 seasons annually during school year / 8 weeks each approximately ~35 sessions of 20 min of 1 on 1 instruction Attend summer camp at least 4 weeks should include aquatic education |
| Exit Skills | <ul style="list-style-type: none"> Breathing & nose protection <ul style="list-style-type: none"> - Fetching objects from the bottom 4' to 5' with assistance - Breath holding 6"-10" - Submerge mouth blowing trumpet "ppppp" for 3" or submerge head making a balloon face for 6"seconds Safety & flotation <ul style="list-style-type: none"> - Float Independently for up to 10 seconds - Glide on Front alone - Glide on back with assistance Body movement & balance <ul style="list-style-type: none"> - Simultaneous and symmetric movements of extremities: Dolphin and Frog like movements - Summersault backwards with assistance - Roll front to back to take a breath. Roll back to front and swim to wall 2 yards - March on the bottom of the pool, with assistance, in water above head Navigation <ul style="list-style-type: none"> - Jump in from the side of pool, return to wall or cross corner of the pool 6-10 feet without assistance - Enter and Exit Water Independently - Can swim a distance of 15 feet |

