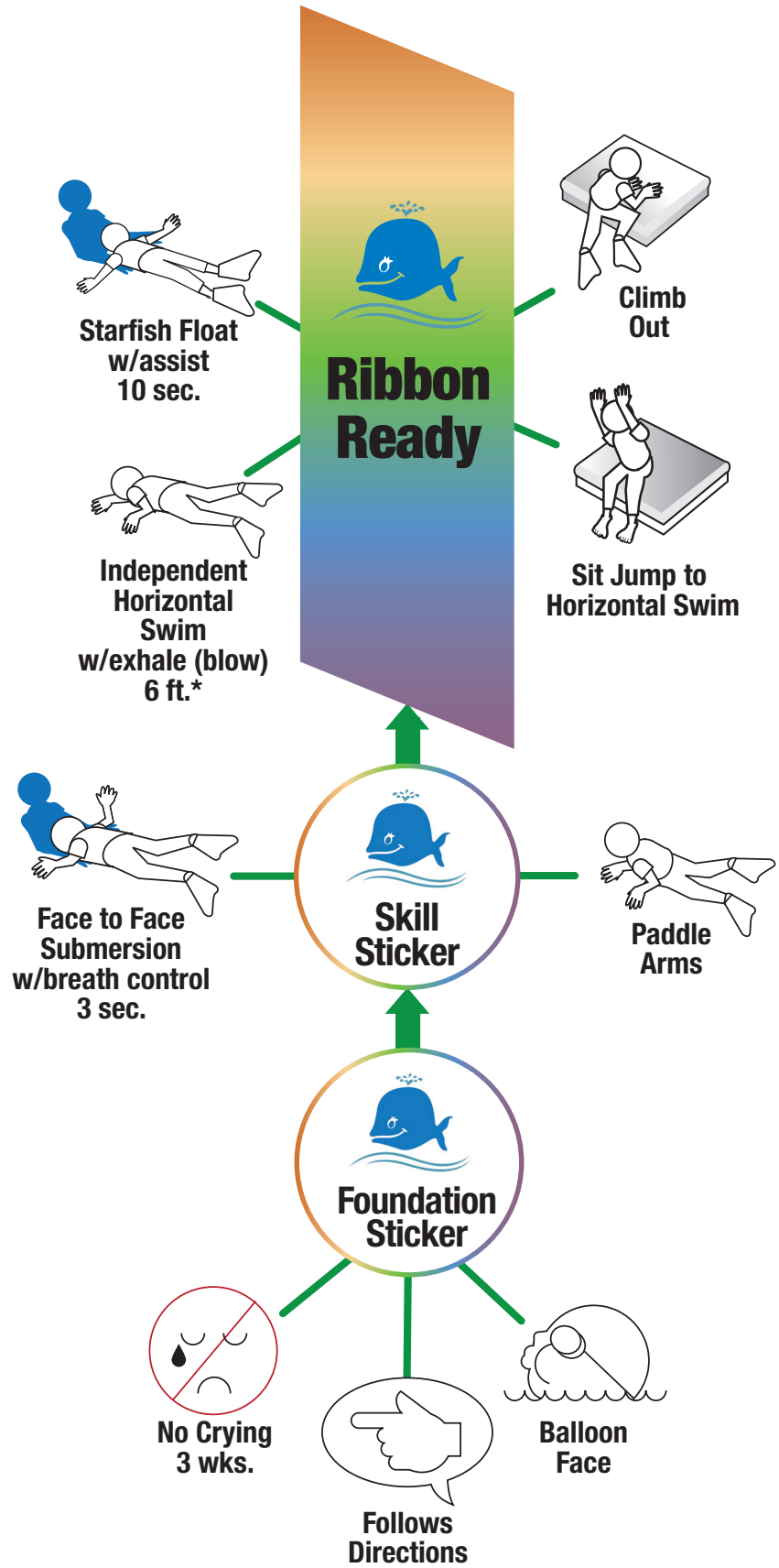


# Little Fin Progress Report: Level 1 (Rainbow Ribbon)

**Goals:**  
 Your child is learning the basics of swimming and this starts with **emotional readiness** at the Foundation level. We also want to make sure they can **hold their breath**, so we teach students to “make a balloon face,” NO BLOWING BUBBLES. Students are Ribbon ready when they can swim a short distance with eyes down and climb out of the pool.



**What this means for parents:**  
*After your child graduates Level 1, outside of swim class, you should expect to be in the water with your child, within arm's reach at all times. Level 1 graduates are often confident, but lack the decision-making abilities necessary to keep them safe around water. Check the other side of this page for homework suggestions and ideas for keeping your swimmer learning when they're not in the pool.*



# Level 1

## Homework Suggestions

**\*\*Important: NO BLOWING BUBBLES! We are teaching proper breath control.**

### **Acclimating to water**

- Sponge play or watering can play in the bathtub
- Play with toys at the bottom of the shower.

### **Paddle Arms**

- Do Paddle Arms in front of a mirror.

### **Balloon Face**

- Balloon Faces in the tub starting with the chin and eventually working toward completely submerged (nose and eyes). Sing or count to extend time, working toward a 3-5 second balloon face for proper breath control.

### **Climb outs**

- Do 4 sets of mini-push-ups from the knee position. This strengthens arms for climbing out of pool.

### **Kicking**

- From a floor tummy position, do small kicks for 5-10 seconds. Rest and repeat. This is excellent for posture and strengthens torso.

## **Common Difficulties**

### **Nose sniffing**

- Sometimes children will inhale water through their nose when learning to put their faces in the water. The teacher will use a nose clip or "scuba" style mask to prevent this. You may wish to purchase a nose clip and practice with it at home. This helps children learn to hold their breath correctly

### **Vertical body position**

- Many children will be uncomfortable lying horizontally in the water with their face down. They may try to swim vertically which does not promote forward movement. The teacher will work to help the child become comfortable in a horizontal position.

### **Lack of Paddle Arms**

- Some children are able to swim 6 feet to the island without using their arms. The 6 feet horizontal swim skill requires children to have good paddle arms.