

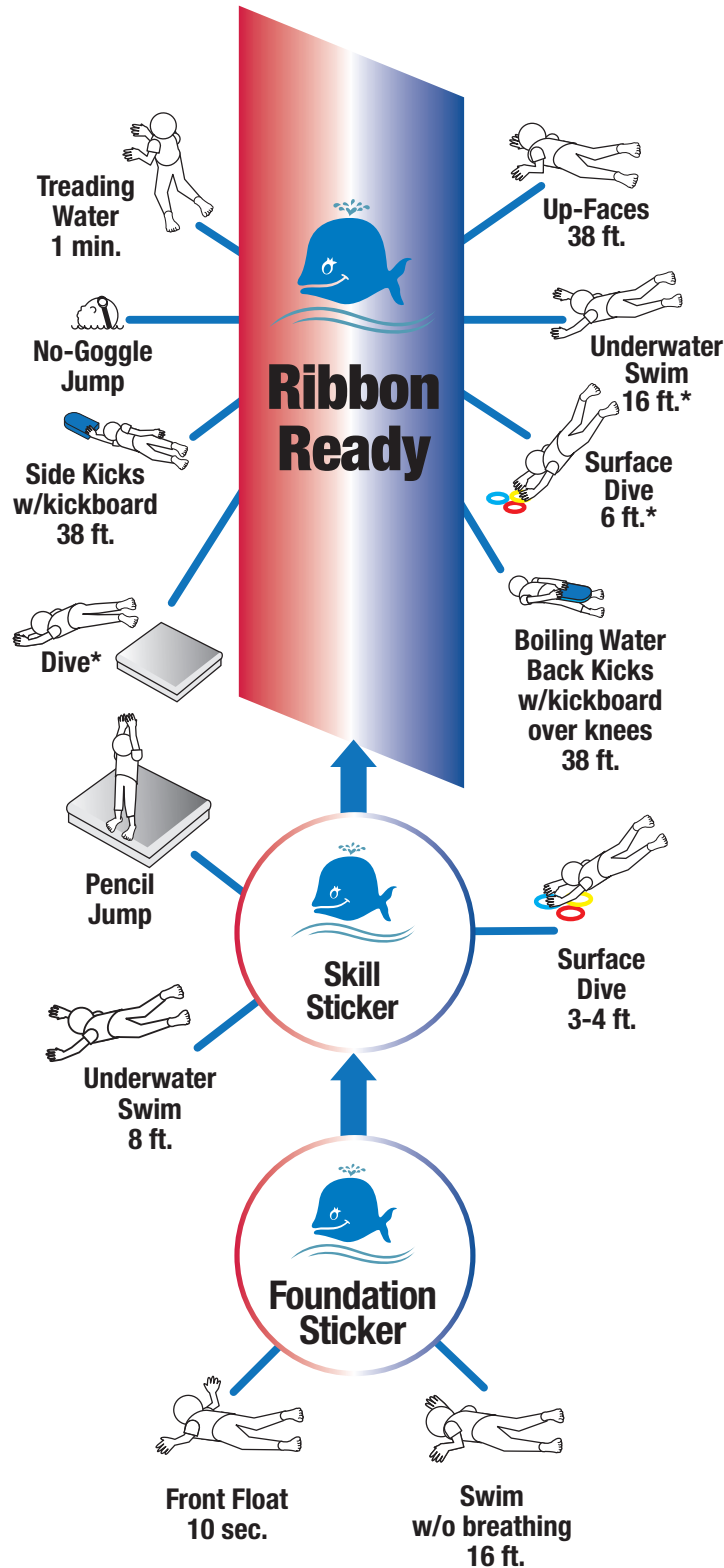
# Little Fin Progress Report: Level 3 (Striped Ribbon)

## Goals:

In Level 3, we address safety and work on endurance, prepping students for the more technical skills of Level 4. Your swimmer will venture to deeper water to learn jumps, dives and treading water. They also learn how to swim underwater and how to jump into the pool and return to the wall without the use of goggles.

## What this means for parents:

After your child graduates Level 3, outside of swim class, you can expect to be able to sit in the lounge chair and relax while keeping both eyes on your swimmer at all times (no phones, no books, no distractions). 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 3

### Homework Suggestions

#### Underwater Swims

- While head is submerged underwater, have the child hold his/her breath. Each time should be a little longer to build lung capacity.
- While in the car, have child hold his/her breath going through tunnels and at red lights. Emphasize how much easier it is when relaxed!

#### Pencil Jumps

- For Pencil Jumps, have child practice hopping straight up and down, one jump at a time, while holding his/her arms above the head in a streamline position.
- For more advanced homework, child can practice jumping down steps one at a time with parent supervision. This will help overcome the fear of falling.

#### Dives

- Practice somersaults on the floor, emphasizing tucking the chin down on their "speed button." This helps with surface dives, dives and proper head position.
- Practice "mule kicks." Place hands on the floor and kick feet up one at a time. Start small and work toward high kicks. This strengthens arms and lessens fear of head first falling.

#### Kicks

- Lay flat with back on floor, lift legs an inch or two off the ground, and point toes. Do 5 kicks. Rest and repeat. Roll over on tummy, lift legs and inch or two off the floor, and point toes. Do 5 kicks. Rest and repeat. Do 5 sets of each kicking exercise to strengthen back and tummy muscles, and improve kicks.