



LEARNING TO FRONT FLOAT & GLIDE

HOW MANY SECONDS

Appropriate Age: 3 years to 12 years

Appropriate Skill Level: Beginners to intermediate

Activity Description: Ask your child to keep both feet off of the bottom and front float for one second, then two seconds, then three seconds, etc. See how long they can go. When they are floating be sure they are not inhaling the water but instead they are either holding their breath or blowing bubbles.

Progressions: If your child is not yet comfortable floating independently, have them practice with a floatation device like a lifejacket or pool noodle. As they gain their confidence and can float independently, have some fun seeing who can float for longer; your child, their sibling or yourself. Encourage them to add soft kicks and arm motions to help them stay afloat.

3-2-1 BLAST OFF!

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Appropriate Skill Level: Beginners to intermediate

Activity Description: Ask your child to pretend to be a rocket so they lift their arms over head. Once they get the arm position, tell them to yell "Three, two, one, blastoff!" as they push off the wall in a streamlined position.

To help prevent drownings in our community,
encourage others to take the WATER WATCHER Pledge.
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