



Parent and Tot 2/ Bubblers Continued

Date:
Time:
Instructor:

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Breath Control

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- Comfortable getting face wet
- Blow bubbles holding instructor or side of pool
- Bob holding instructor or side of pool
- Blow bubbles while bobbing
- Retrieve object in shallow water
- Hold wall, kick legs, blow bubbles

Floating and Surface Support

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- Attempt front float, face in, assisted
- Front float with one hand for support
- Attempt back float assisted
- Back float with one hand for support
- Float with PFD/buoyant aid, unassisted

Movement through the Water

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- Float with PFD/buoyant aid, unassisted
- In water, push off side with feet
- Enjoy towing, front and back
- Front tow, splashing arms
- Front tow, splashing feet
- Front tow splashing arms and feet
- Back tow, splashing arms
- Back tow, splashing feet
- Back tow splashing arms and feet
- Enjoy being towed on back with a buoyant aid or PFD
