



Parent & Child Aquatics Level 1



Water acclimation	Arm and hand treading actions
Exit water using ladder, steps or side	Alternating and simultaneous leg actions and arm actions on front
Blow bubbles for 3 seconds	Alternating and simultaneous leg actions and arm actions on back
Submerge mouth, nose and eyes	Combined arm and leg actions on front
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on back
Front glide and recover to a vertical position	
Back glide and recover to a vertical position	
Back float for 3 seconds	
Roll from front to back and back to front	

