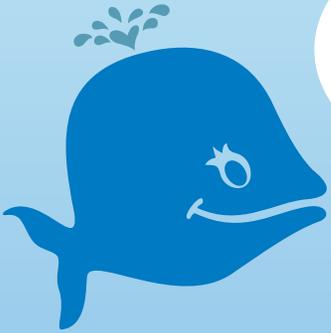


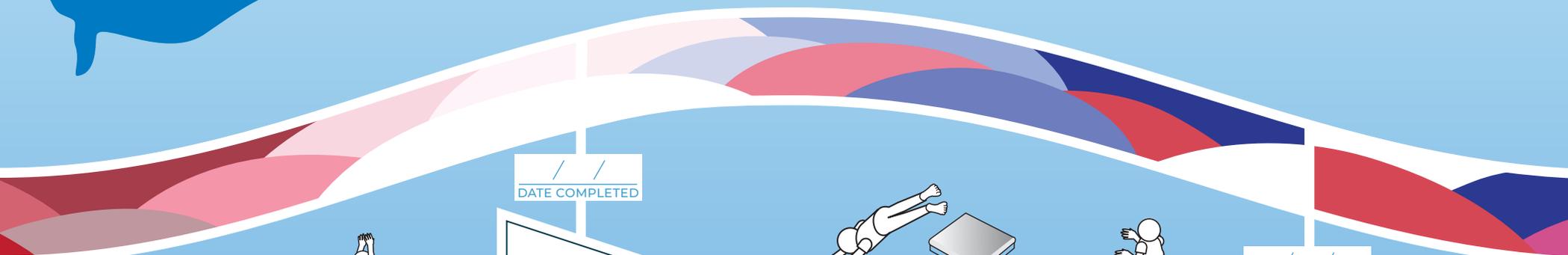
Tips from
WAVERLY WHALE



"You're a whaley big deal now! Head to deeper water to learn fun things like jumps, dives, and picking up treasure from the bottom!"

Confidence Building

LEVEL THREE



DATE COMPLETED



Underwater Swim 8 ft.



No Goggle Pencil Jump



Boiling Water Back Kicks with kickboard 38 ft.



Front Float 10 sec.



Up-Faces 38 ft.

DATE COMPLETED

La Petite Baleen



LEVEL 3
White Ribbon



Dive



Surface Dive 6 ft.



Side Kicks with kickboard 38 ft.



Treading Water 1 min.



Underwater Swim 16 ft.

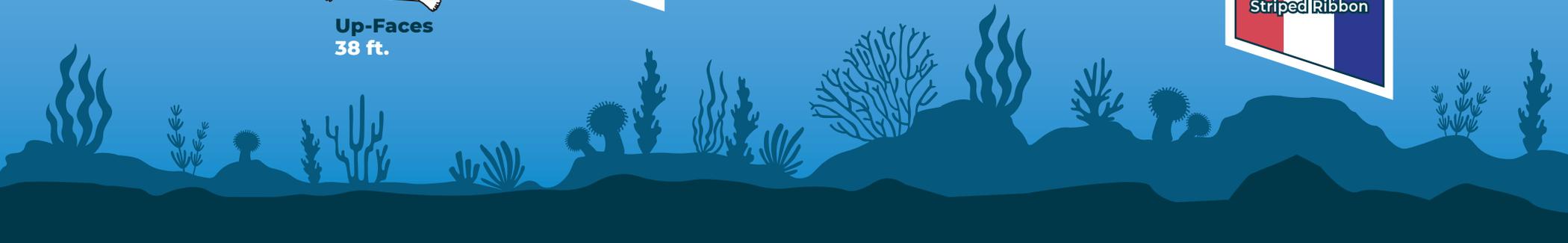
DATE COMPLETED

DATE COMPLETED

La Petite Baleen



LEVEL 3
Striped Ribbon





LEVEL THREE

INFORMATION FOR PARENTS

Level Three Goals

In Level Three, we address **safety** and work on **endurance**, prepping students for the introduction of strokes in Level Four. Your child will venture to **deeper water** to learn jumps, dives and treading. They'll also learn how to swim underwater and how to jump into the pool and get back to the wall without goggles.

For some students, these skills are as challenging psychologically as they are physically. Entering the pool head first (dives) or without goggles can be scary as can swimming to the bottom to pick up rings. Parents can mitigate these fears by bolstering confidence in between lessons. Encouragement goes a long way in Level Three!

What This Means for Parents

After your child graduates Level Three, outside of swim class you can expect to be able to sit on the pool deck and relax while keeping both eyes on your swimmer at all times (no phones, no books, no distractions). Level Three graduates are strong and confident. They know how to fall into the pool and return to the wall without goggles or fins, but they also still require diligent supervision around water.

Level 3 homework videos



LEVEL THREE HOMEWORK

1. Practice somersaults on the floor, emphasizing tucking the chin down on their "speed button." This helps with dives from deck, surface dives and proper head position.
2. While head is submerged underwater, have the child hold his/her breath. Each time should be a little longer to build lung capacity.
3. 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!
4. For pencils jumps, have child practice hopping straight up and down, one jump at a time, while holding his/her arms above the head. Advanced: Have child practice jumping down steps one at a time (with adult supervision) to help overcome the fear of falling.
5. Practice getting water in the face during bath/shower time to help prepare for the no-goggle pencil jump.

KICKING HOMEWORK:

Lay flat with back on floor, lift legs an inch or two off the ground, and point toes. Do 10 kicks. Rest and repeat. Roll over on tummy, lift legs and inch or two off the floor, and point toes. Do 10 kicks. Rest and repeat. Do 5 sets of each kicking exercise to strengthen back and tummy muscles, and improve kicks.

COMMON DIFFICULTIES

Getting Under (and staying there): Teachers will emphasize a strong push off the wall to help students get themselves under the surface of the water. Once under, big arm pulls, proper head position, and good breath control will help students stay under long enough to complete the swim.

THE HEAD IS THE STEERING WHEEL.