

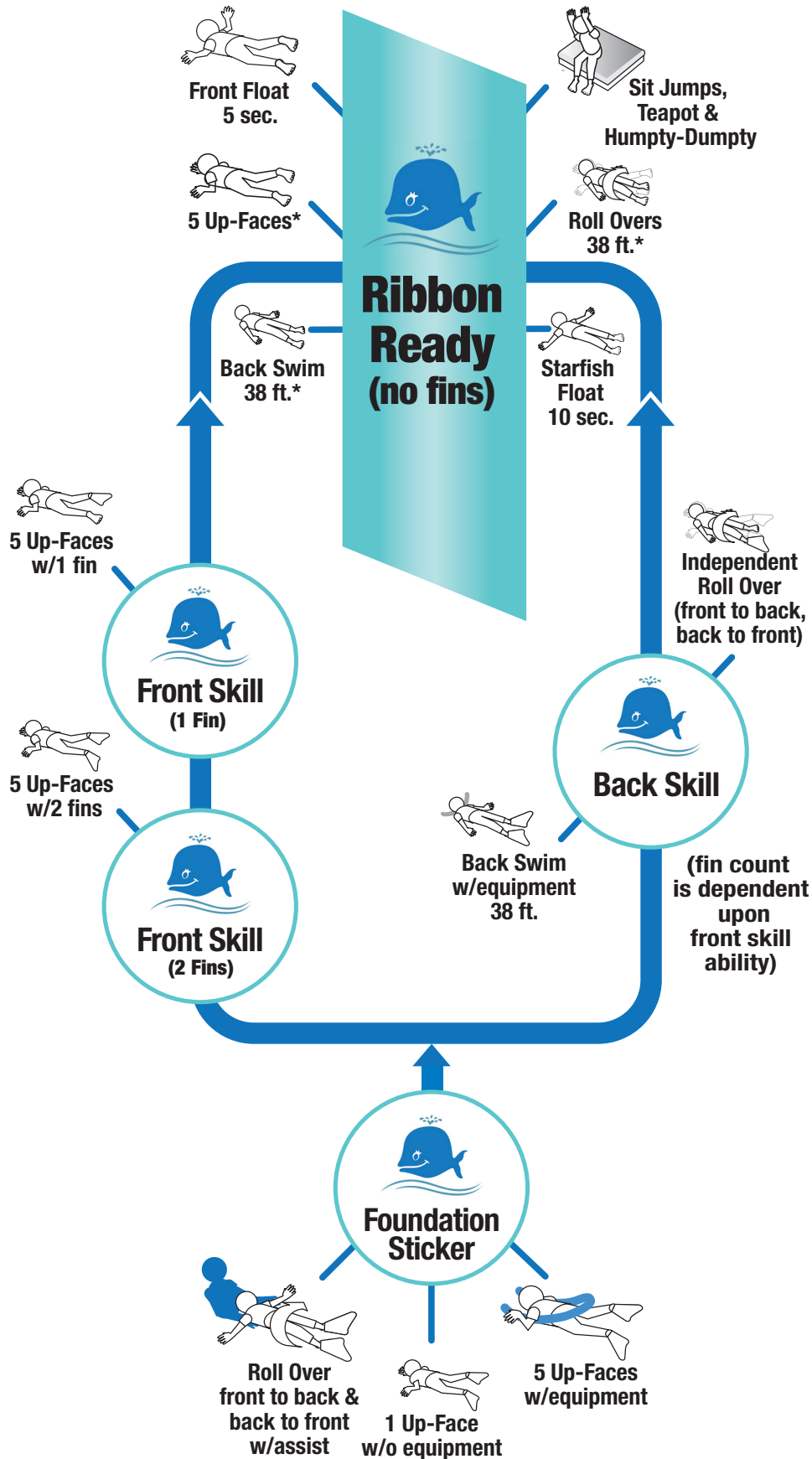
# Little Fin Progress Report: Level 2 (Turquoise Ribbon)

## Goals:

Level 2 is the most important level at LPB. This is where students learn how to **come up for air** while moving forward through the water, **how to swim and float on their backs**, how to **turn themselves around and swim back to the wall**, and how to do it all **without fins**. You may see a lot of repetition of skills as your child learns to swim with fewer fins. This is by design.

## What this means for parents:

After your child graduates Level 2, outside of swim class you should expect to be able to be an active water watcher from the pool deck. Your child can swim independently and without fins, but must always be watched closely to ensure their safety. 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 2

### Homework Suggestions

#### Up-Faces

- From a “1-2-3” (slow count to 3) balloon face in the tub, lift chin up then blow out, breathe in and make a new balloon face. Build up to at least 5 in a row sequence breaths.
- The chin lift should be initiated by moving the neck, not lifting the chest. Try using a focal point on the ceiling. This teaches proper up-face (rhythmic) breathing.
- Lying down on the floor on the tummy, practice the “cobra” yoga pose exhaling once, inhaling once, then lying back down. Repeat this in a rhythmic fashion saying “up-face” each time. This also promotes a rhythmic breathing pattern.

#### Back Swims & Floats

- Lying down on the back in the bathtub, look up at mirrors or toys. Water should cover the ears. This helps children get comfortable with back swims/floats.
- On the floor, put a small pillow, or rolled towel, in the small of the back and have child lift his/her back off the pillow, arching the back. This helps get the tummy up by strengthening back muscles.

#### Roll Overs

- Do log rolls on the floor from front to back and back to front with arms stretched overhead. This will ensure that children are rolling with their stomach and back muscles, not arms and legs.

#### Climb Outs

- Do 4 sets of mini-push ups from the knee position. This strengthens arms for climbing out of the pool.