



# PARENT AND TOT 2/ BUBBLER

Name: \_\_\_\_\_

Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Learner Outcomes

Attendance is regular	
Enters into activities enthusiastically	
Is happy in the water	

## Safety Education and Awareness

Adult understands rules and area	
Children and adults have had a facility/pool tour	
Adult understands the role of the lifeguard	
Adult understands safe swimming with their child	
Child understands the difference between things that float and things that sink	
Child understands reaching assists	
Adult understands reaching assists	
Adult understands differences between lifejackets and PFDs	
Child and adult understand the dangers of water	

## Entering and Exiting the Water

Enter shower room and pool area	
Kick feet in water from side	
Jump in while holding adult's hands	
Exit pool using a variety of methods	
Ladder entry assisted	
Ladder exit assisted	
Enter from sitting position assisted	
Enter from kneeling position assisted	
Patiently sit on side of pool	
Climb into and out of pool with supervision	

## Breath Control

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

## Floating and Surface Support

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

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	

Comments:

Next Level: \_\_\_\_\_