

## **VCU Recreational Sports Parent and Child Aquatics Description**

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Children will need to change classes if placed in the incorrect level.

### **For children ages 6 months to about 3 years -**

**Parent and Child Aquatics – A parent will need to be in the water assisting their child.**

There are no skill prerequisites for this class but a parent or guardian must accompany each child in the water and participate in every class.

This program should be a positive experience for children using toys, games, and songs.

The children will learn how to safely enter and exit the water. We want them to feel comfortable in the water while exploring submerging to the nose, mouth, and eyes completely. Buoyancy and gliding on the front and back and changing body position in the water with support. Experiment with a combined stroke on front and back with assistance.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). This is important because children should know what to do if they fall into a pool.

Children should learn: basic water safety rules, how to avoid water hazards around the home, importance of wearing a life jacket. They should also learn how to stay safe in, on, and around the water including how to stay safe in the sun, how to avoid recreational water illness, and how to call for help and the importance of knowing first aid and CPR.