

JUST KEEP SWIMMING

Items for Older Children

Move Onto Rotational Breathing:

Once your child masters holding their breath under water, they will begin to work with their professional Wave swim instructor to teach rotational breathing. At home, you can continue to practice this skill with your child in the bathtub. Simply have your child put their head in the water and hold their breath until you tap their head. This signals when they should bring their head out to catch a breath before going back under. Practice this skill often until your child becomes more confident with holding their breath underwater.

Perform Arm Rotations in the Air:

Many of the basic swimming strokes can be practiced outside of the water. During your child's swim classes, observe the way that the instructor shows your child how to move their arms during each stroke. Then, have your child practice these arm motions while they are sitting or standing at home. Make sure to encourage your child to fully complete each arm rotation as if they were actually swimming. This helps to improve their coordination on more difficult swim strokes.

Practice Kicking on the Floor:

Young children often struggle with keeping their legs straight during flutter kicks. Your child can practice this skill while laying on the floor. Spend time helping them to practice making small, swift movements with their legs during the kicking sessions. If they are small enough, you can also take these lessons into the bathtub so that your child learns how to move through the resistance created by the water.

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Watch Swimming Videos:

Observation is an essential part of learning how to improve your child's swimming skills. During your free time, watch videos of professional swimmers with your child. Make sure to use the appropriate names for each stroke, and discuss what you see the swimmers doing well together. Over time, you will notice that your child begins to pick up the vocabulary used in competitive swimming, which increases their ability to understand what their swimming coach tells them to do during their lessons.

Learning to swim takes time, but you can increase the speed at which your child acquires new skills by supporting their learning at home to practice outside of their swimming classes in The Wave. By knowing how to practice water skills outside of the pool, your child will begin to emerge as an accomplished swimmer who is comfortable in the water.