



Floating Skills Checklist

Getting Started

- Child understands the key body positions in floating while being held by you
- Child can float on their back using a noodle float while you steady them
- Child can float on their front using a noodle float while you steady them

Building Confidence

- Child can float on their front and back using a noodle float without your assistance
- Child can float on their back using two kickboards while you steady them
- Child can float on their front using two kickboards while you steady them

Master Skills

- Child can float on their front and back using two kick boards without further support
- Child can float on their back competely unassisted
- Child can float on their front completely unassisted