

Ages 5-7

Common issues and fixes:

Do not listen: Make sure they are not bored. Demonstrate activities before they do them, show them how it's done they will be more interested then. Keep them focused and try to not have distractions within the group. Move quickly through activities with challenges to keep them interested.

Scared of doing things independently: Make sure your group feels like a safe place to make mistakes. Reassure kids it's okay to fail and that's how you get better. When they mess up it's not a big deal, tell them it was a silly mistake. Add a bench to the water.

Thinks they can do things they can't: Have them try new things but as an instructor know what is best for each kid if you don't think they're ready for something don't let them try it is your swim lesson not theirs. You get to decide who does what.

EX: DO NOT JUMP OFF THE BENCH!!! or keep your hand on the wall at all times.

Don't have technique: Start to focus on what technique should look like even if they can't do it. This way they will know what to do when they are actually capable of doing it later. Repetition and feedback frequently. Instructor has to tell them how to improve.

Ages 8-12

Common issues and fixes:

Dangerous behavior: Kids may try to try doing things that may not be safe for them especially if they are at this age. Try to have kids stay on task by providing activities to do while waiting their turn. Keeping their attention on what they're supposed to be doing keeps them from attempting to do something that may harm them.

Bullying toward others: There may be kids of all ages in level 3 groups this may make the older kids think they are "better" than the others. Keep the swim group a safe environment where everyone feels okay to share how they are feeling and be open with each other. Make it a point that it doesn't matter how old you are to be a good swimmer. **Note for LC's: separate level 3 groups by age.**

Impulsive behavior: Kids of this age may think that they are "invincible" and can do anything. Make sure kids in your group know their limits and if you as the instructor think or know that they can't do something provide help or do not let them try it until they are ready.

Anxious: Level 3 is a big change and kids at this age show lots of emotions. As an instructor, tell kids that it's okay to fail and that if they are not comfortable doing something by themselves that you are always there for help and support.