Bubble Belt Skill Sheet Check

1. In order to pass bubble belt, participants need to demonstrate the following exit skills: (choose all that apply)
2. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water
3. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds
4. Be able to touch the bottom of the pool
5. Willing to put their face in the water and be comfortable on a noodle by themselves
6. When introducing a skill to a bubble belt class it is a good idea to:
7. Talk about the skill, demonstrate the skill, then demonstrate while talking about it before having the kids try
8. Keep tissues handy in case they are needed
9. Stretch as they will be a handful in the water!
10. Bring snacks in case you get hungry
11. What are Three games that can be used to practice skills in Bubble Belt?

Answer:

1. When working on the alternating arm movements, what are three teaching tips listed in the manual?

Answer:

1. A) On what day do we talk about finning on the back?

Answer:

B) What equipment is needed to teach this skill?

Answer: