

Preschool Aquatics

Preschool Level 1*

Skills

- Enter water using ramps, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading actions
- Alternating and simultaneous leg actions and arm actions on front
- Alternating and simultaneous leg actions and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Exit Assessment: With Support

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim".)
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

*Level 1 skills may be performed with support.



Preschool Aquatics

Preschool Level 2*

Skills

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Front float for 3 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Exit Assessment: With Assistance

- Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.



- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

*Level 2 skills may be performed with assistance.

Preschool Aquatics

Preschool Level 3*

Skills

- Jump in to shoulder-deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing, 10 times
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Exit Assessment: Independently

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.

- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

Safety Focus

- The danger of drains
- Don't Just Pack It, Wear Your Life Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go

*Level 3 skills are performed independently.

