



## Preschool Aquatics

- Preschool Aquatics Level 1 skills may be performed with support.
- Preschool Aquatics Level 2 skills may be performed with assistance.
- Preschool Aquatics Level 3 skills are performed independently.

Preschool Aquatics Level 1	Preschool Aquatics Level 2	Preschool Aquatics Level 3
<b>Water Adjustment, Entry and Exit</b>		
<ul style="list-style-type: none"> <li>• Enter water using ramp, steps or side</li> <li>• Exit water using ladder, steps or side</li> </ul>	<ul style="list-style-type: none"> <li>• Enter by stepping in from deck or low height into shoulder-deep water</li> <li>• Exit using ladder, steps or side from chest-deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Enter by jumping in to shoulder-deep water</li> </ul>
<b>Breath Control and Submerging</b>		
<ul style="list-style-type: none"> <li>• Blow bubbles, 3 seconds</li> <li>• Submerge mouth, nose and eyes</li> <li>• Open eyes underwater and retrieve submerged objects in shallow water</li> </ul>	<ul style="list-style-type: none"> <li>• Open eyes underwater and retrieve submerged objects in chest-deep water</li> <li>• Bobbing, 5 times</li> </ul>	<ul style="list-style-type: none"> <li>• Fully submerge and hold breath, 10 seconds</li> <li>• Bobbing, 10 times, in chest-deep water</li> <li>• Rotary breathing, 5 times</li> </ul>
<b>Buoyancy on Front</b>		
<ul style="list-style-type: none"> <li>• Front glide, 2 body lengths</li> <li>• Recover from a front glide to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• Front glide, 2 body lengths</li> <li>• Front float, 3 seconds</li> <li>• Recover from a front float or glide to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• Float in a face-down position, 10 seconds               <ul style="list-style-type: none"> <li>○ Front float</li> <li>○ Jellyfish float</li> <li>○ Tuck float</li> </ul> </li> <li>• Recover from a front float or glide to a vertical position</li> </ul>
<b>Buoyancy on Back</b>		
<ul style="list-style-type: none"> <li>• Back glide, 2 body lengths</li> <li>• Back float, 3 seconds</li> <li>• Recover from a back float to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• Back glide, 2 body lengths</li> <li>• Back float, 5 seconds</li> <li>• Recover from a back float or glide to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• Back glide, 3 body lengths</li> <li>• Back float, 15 seconds</li> <li>• Recover from a back float or glide to a vertical position</li> </ul>

Preschool Aquatics Level 1	Preschool Aquatics Level 2	Preschool Aquatics Level 3
<b>Changing Direction and Position and Treading</b>		
<ul style="list-style-type: none"> <li>• Roll from front to back</li> <li>• Roll from back to front</li> <li>• Arm and hand treading actions, in chest-deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Roll from front to back</li> <li>• Roll from back to front</li> <li>• Tread water using arm and leg actions, 15 seconds in shoulder-deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water, 30 seconds in shoulder-deep water</li> </ul>
<b>Swim on Front</b>		
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> <li>• Alternating leg action</li> <li>• Simultaneous leg action</li> <li>• Alternating arm action</li> <li>• Simultaneous arm action</li> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front, 3 body lengths</li> </ul>	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front, 5 body lengths</li> </ul>
<b>Swim on Back</b>		
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> <li>• Alternating leg action</li> <li>• Simultaneous leg action</li> <li>• Alternating arm action</li> <li>• Simultaneous arm action</li> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• Finning arm action, 3 body lengths</li> <li>• Combined arm and leg actions on back, 3 body lengths</li> </ul>	<ul style="list-style-type: none"> <li>• Finning arm action, 5 body lengths</li> <li>• Combined arm and leg actions on back, 5 body lengths</li> </ul>
<b>Water Safety</b>		
<ul style="list-style-type: none"> <li>• Staying safe around the water</li> <li>• Recognizing the lifeguards</li> <li>• Don't Just Pack It, Wear Your Jacket—demonstrate</li> <li>• Recognizing an emergency</li> <li>• How to call for help—demonstrate</li> <li>• Too Much Sun Is No Fun</li> </ul>	<ul style="list-style-type: none"> <li>• Staying safe around the water</li> <li>• Recognizing the lifeguards</li> <li>• Don't Just Pack It, Wear Your Jacket—demonstrate</li> <li>• Recognizing an emergency</li> <li>• How to call for help—demonstrate</li> <li>• Too Much Sun Is No Fun</li> </ul>	<ul style="list-style-type: none"> <li>• Stay away from drains</li> <li>• Don't Just Pack It, Wear Your Life Jacket</li> <li>• Recognizing an emergency</li> <li>• How to call for help</li> <li>• Too Much Sun Is No Fun</li> <li>• Look Before You Leap</li> <li>• Think So You Don't Sink</li> <li>• Reach or Throw, Don't Go</li> </ul>

**Preschool Aquatics Level 1****Preschool Aquatics Level 2****Preschool Aquatics Level 3****Exit Skill Assessments**

1. 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.")
2. 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.

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
3. 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.

1. 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.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. 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, continue swimming for 5 body lengths.