

# Preschool Aquatics – Level 1

## Skill Chart

### **Water Adjustment, Entry and Exit**

- Enter water using steps or side
- Exit water using steps or side

### **Breath Control and Submerging**

- Blow bubbles, 3 seconds
- Submerge mouth, nose and eyes
- Open eyes underwater and retrieve submerged objects in shallow water

### **Buoyancy on Front**

- Front glide, 2 body lengths
- Recover from a front glide to a vertical position

### **Buoyancy on Back**

- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position

### **Changing Direction and Position and Treading**

- Roll from front to back
- Roll from back to front
- Arm and hand treading actions in chest-deep water

### **Swim on Front and Back**

*All—2 body lengths*

- Alternating leg actions on front and back
- Alternating arm actions on front and back
- Combined arm and leg actions on front and back



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# Preschool Aquatics – Level 2

## Skill Chart

### Water Adjustment, Entry and Exit

- Enter by stepping in from deck or low height into shoulder-deep water
- Exit using ladder, steps or side from chest-deep water

### Breath Control and Submerging

- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects in chest-deep water

### Buoyancy on Front

- Front glide, 2 body lengths
- Front float, 3 seconds
- Recover from a front float or glide to a vertical position

### Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position

### Changing Direction and Position and Treading

- Roll from front to back
- Roll from back to front
- Tread water using arm and leg actions, 15 seconds in shoulder-deep water

### Swim on Front and Back

*All—3 body lengths*

- Combined arm and leg actions on front
- Combined arm and leg actions on back



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# Preschool Aquatics – Level 3

## Skill Chart

### **Water Adjustment, Entry and Exit**

- Enter by jumping in to shoulder-deep water

### **Breath Control and Submerging**

- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times, in chest-deep water
- Rotary breathing, 5 times

### **Buoyancy on Front**

- Float in a face-down position, 10 seconds
- Recover from a front float or glide to a vertical position

### **Buoyancy on Back**

- Back glide, 3 body lengths
- Back float, 15 seconds
- Recover from a back float or glide to a vertical position

### **Changing Direction and Position and Treading**

- Change direction of travel while swimming on front or back
- Tread water, 30 seconds in shoulder-deep water

### **Swim on Front and Back**

- Combined arm and leg actions on front, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

