

Preschool: Ages 3-5yrs. Learn-to-Swim Curriculum

Preschool Levels 1-3



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

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

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

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

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

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