

Preschool 1: Adjustment to Water

Prerequisites: 3 or 4 year olds with no aquatic experience

Purpose: Helps students feel comfortable in the water and to enjoy the water safely.

Enrollment: Minimum number of students required: 4. Maximum number: 5.

- Enter and exit water safely.
- Exploration of the pool with support.
- Perform front and back float with support.
- Perform front and back leg action with support.
- Blow bubbles with mouth and nose submerged.
- Pool safety rules.

Preschool 2: Basic Learning Progression

Prerequisites: Completed Preschool 1, or 4 year olds comfortable in the water.

Purpose: To develop basic learning progressions and to build up child's endurance.

Enrollment: Minimum number of students required: 4. Maximum number: 5.

- Enter and exit water independently.
- Move freely in chest deep water.
- Perform front and back float with floating device.
- Perform front and back leg action with floating device.
- Perform alternate arm action on front and back with support.
- Fully submerge head (for 3 seconds) into water.
- Perform rhythmic breathing with bobbing.
- Perform combined stroke on front with or without support.
- Understanding pool rules.

Preschool 3: Aquatic Skill Progression

Prerequisites: Able to perform Preschool Levels 1 and 2 skills.

Purpose: Introduce new skills based on readiness.

Enrollment: Minimum number of students required: 4. Maximum number: 5.

- Jump into chest deep water safely.
- Perform front and back float with or without support.
- Perform front and back arm action with or without support.
- Perform front and back glide with or without support.
- Bobbing to safety.
- Perform rhythmic breathing pattern (5 times).
- Perform combined stroke on front.
- Perform combined stroke on back with or without support.

Level 1: Introduction to Water Skills

Prerequisites: 5 year olds and older. No aquatic experience necessary.

Purpose: Helps students feel comfortable in the water and to enjoy the water safely.

Enrollment: Minimum number of students required: 4. Maximum number: 6.

- Enter and exit water independently.
- Fully submerge face for three (3) seconds.
- Blow bubbles.
- Locate and retrieve a submerged object.
- Front and Back Float
- Front and Back Kick
- Practice alternating arm action on front and back.
- Understand the pool safety rules.
- Know the fundamentals of using a life jacket.
- Know how and when to get help.

Level 2: Fundamental Aquatic Skills

Prerequisites: Able to perform Level 1 skills.

Purpose: Gives students success with fundamental skills.

Enrollment: Minimum number of students required: 4. Maximum number: 6

- Enter pool into chest-deep water and stand.
- Hold breath and fully submerge head (5 seconds).
- Submerge to retrieve object in chest-deep water.
- Float or glide on front and back, with recovery, unsupported.
- Kicking with support on side.
- Turn over from front to back and back to front.
- Finning and Sculling arm action on back.
- Perform combined arm and leg action on front (15 feet).
- Perform combined arm and leg action on back (15 feet).
- Understanding water safety rules.
- Wearing a life jacket while in the water.

Level 3: Stroke Development

Prerequisites: Able to perform Level 1 and 2 skills.

Purpose: Builds on the skills in Level 2 by providing additional guided practice.

Enrollment: Minimum number of students required: 4. Maximum number: 6

- Jump into deep water from side of pool.
- Head first entry from the side of pool in a sitting or kneeling position (in 9 feet of water).

- Retrieve an object from the bottom in chest-deep water.
- Perform 5 bobs in chest-deep water.
- Change from a vertical to a horizontal position on front and back in deep water.
- Coordinate arm stroke for front crawl while breathing to the side (15 yards).
- Elementary Backstroke kick
- Dolphin kick
- Elementary Backstroke (15 yards).
- Tread water
- Understand safe diving rules.
- Demonstrate HELP and Huddle position with life jacket.
- Demonstrate a reaching assist.
- Introduction to check-call-care.
- Head first entries

Level 4: Stroke Improvement

Prerequisites: Able to perform Level 1 – 3 skills.

Purpose: Develops confidence in the strokes learned and to improve other aquatic skills.

Enrollment: Minimum number of students required: 4. Maximum number: 7

- Demonstrate head first entry from pool side, in a compact and strike position (in 9 feet).
- Swim under water (3 body lengths).
- Demonstrate feet first surface dive.
- Survival float, back float, treading water, for 1 minute each.
- Demonstrate open turns.
- Swim the following:
 - Front crawl, with rotary breathing
 - Back crawl coordination
 - Elementary backstroke
 - Sidestroke and Breaststroke
 - Butterfly
- Jump from a height into deep water wearing a life jacket.
- Care for conscious choking victim.
- Head first entries
- Open Turns

Level 5: Stroke Refinement

Prerequisites: Able to perform Level 1 – 4 skills.

Purpose: Provides further coordination and refinement of strokes.

Enrollment: Minimum number of students required: 4. Maximum number: 8.

- Perform shallow dive from the side of the pool (in at least 9 feet of water).
- Swim under water (15 yards).
- Demonstrate tuck and pike surface dives.

- Demonstrate survival float, back float, survival swim, and treading water, for 2 minutes each.
- Swim the following:
 - Front crawl, with rotary breathing
 - Back crawl and Elementary backstroke
 - Sidestroke
 - Butterfly
 - Breaststroke
- Flip turns on front and back.
- Head first entries