

Preschool Aquatics Level 1

Purpose: To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills

Prerequisites: There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 4 and 5 years old.

Learning Objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Experience wearing a life jacket in the water
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety.

Certification Requirements:

- Enter independently, using either the ladder, steps or side
- Travel at least 5 yards
- Submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water
- 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.

Preschool Aquatics Level 2

Purpose: To build on the basic aquatic skills learned in Level 1

Prerequisites: Successfully demonstrate the exit skills assessments from Preschool Aquatics Level 1

Learning Objectives:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back or back
- Finning arm action on back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Certification Requirements:

- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Aquatics Level 3

Purpose: To increase proficiency and build on the basic aquatic skills learned in Levels 1 and 2 by providing additional guided practice with increased distances and times

Prerequisites: Successfully demonstrate the exit skills assessments of Preschool Aquatics Level 2

Learning Objectives:

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front and back
- Combined arm and leg actions on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Certification Requirements:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 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. (Swimmer can be assisted when taking a breath.)