### Preschool Aquatics
#### Preschool Level 1

**Skills**
- Enter water using ramps, steps or side
- Enter 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 back
- Combined arm and leg actions on back
- Combined arm and leg actions on front
- Too Much Sun is No Fun

*Level 1 skills may be performed with support.*

#### Preschool Level 2

**Skills**
- Enter water by stepping in from deck or low height
- Enter 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 16 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 16 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back
- Too Much Sun is No Fun

*Level 2 skills may be performed with assistance.*

#### 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, jetfish and back floats for 30 seconds
- Back glide and recover to a vertical position
- Back float for 16 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
- Too Much Sun is No Fun

*Level 3 skills are performed independently.*

**Safety Focus**
- The danger of drown
- 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

#### Exit Assessment: With Support
- Glide on front at least 2 body lengths, roll to back, float on back for 16 seconds, then recover to a vertical position.

#### Exit Assessment: Independently
- 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.