

# Preschool Program (Levels 1 – 5)

Scroll or click the arrow to see all levels

Preschool 1	Preschool 2	Preschool 3
<b>Entries and Exits</b>		
<ol style="list-style-type: none"> <li>1. Enter and exit shallow water (assisted)</li> <li>2. Jump into chest-deep water (assisted)</li> </ol>	<ol style="list-style-type: none"> <li>1. Enter and exit shallow water wearing PFD</li> <li>2. Jump into chest-deep water</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump into deep water wearing PFD, return and exit</li> <li>2. Sideways entry wearing PFD</li> </ol>
<b>Underwater Skills</b>		
<ol style="list-style-type: none"> <li>3. Face in water</li> <li>4. Blow bubbles in water</li> </ol>	<ol style="list-style-type: none"> <li>3. Submerge</li> <li>4. Submerge and exhale 3 times</li> </ol>	<ol style="list-style-type: none"> <li>3. Hold breath underwater 3 sec.</li> <li>4. Submerge and exhale 5 times</li> <li>5. Recover object from bottom in waist-deep water</li> </ol>
<b>Swim to Survive® Skills</b>		
		<ol style="list-style-type: none"> <li>6. Back float; roll to front; swim 3 m</li> </ol>
<b>Movement / Swimming Skills</b>		
<ol style="list-style-type: none"> <li>5. Float on front and back (3 sec. each) assisted</li> <li>6. Safe movement in shallow water wearing PFD</li> <li>7. Glide on front and back (3 m each) assisted</li> </ol>	<ol style="list-style-type: none"> <li>5. Float on front and back (3 sec. each) wearing PFD or with buoyant aid</li> <li>6. Roll laterally front to back and back to front, wearing PFD</li> <li>7. Glide on front and back (3 m each) wearing PFD or with buoyant aid</li> <li>8. Flutter kick on back with buoyant aid 5 m</li> </ol>	<ol style="list-style-type: none"> <li>7. Float on front and back 5 sec. each</li> <li>8. Roll laterally front to back and back to front</li> <li>9. Glide on front and back 3 m each</li> <li>10. Flutter kick on back 5 m</li> <li>11. Flutter kick on front 5 m</li> </ol>
<b>Water Smart® Education</b>		
<ol style="list-style-type: none"> <li>8. Water Smart messages: Within Arms' Reach; Wear a Lifejacket</li> </ol>	<ol style="list-style-type: none"> <li>9. Water Smart messages: Within Arms' Reach; Wear a Lifejacket</li> </ol>	<ol style="list-style-type: none"> <li>12. Water Smart messages: Within Arms' Reach; Wear a Lifejacket</li> </ol>

Preschool 4	Preschool 5
<b>Entries and Exits</b>	
<ol style="list-style-type: none"> <li>1. Jump into deep water, return and exit</li> <li>2. Sideways entry</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward roll entry wearing PFD</li> </ol>
<b>Surface Support</b>	
<ol style="list-style-type: none"> <li>3. Tread water 10 sec. wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>2. Tread water 10 sec.</li> </ol>
<b>Underwater Skills</b>	
<ol style="list-style-type: none"> <li>4. Open eyes underwater</li> <li>5. Recover object from bottom in chest-deep water</li> </ol>	<ol style="list-style-type: none"> <li>3. Submerge and hold breath 5 sec.</li> <li>4. Recover object from bottom in chest-deep water</li> </ol>
<b>Swim to Survive® Skills</b>	
<ol style="list-style-type: none"> <li>6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m</li> <li>7. Front float; roll to back; swim 5 m</li> </ol>	<ol style="list-style-type: none"> <li>5. Wearing PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m</li> </ol>
<b>Movement / Swimming Skills</b>	
<ol style="list-style-type: none"> <li>8. Glide on side 3 m</li> <li>9. Flutter kick: on front 7 m; on back 7 m; on side 5 m</li> <li>10. Front crawl 5 m wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>6. Whip kick in vertical position 20 sec. with a PFD or buoyant aid</li> <li>7. Front crawl 5 m</li> <li>8. Back crawl 5 m</li> </ol>
<b>Fitness</b>	
	<ol style="list-style-type: none"> <li>9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests</li> </ol>
<b>Water Smart® Education</b>	
<ol style="list-style-type: none"> <li>11. Water Smart messages: Within Arms' Reach; Wear a Lifejacket</li> </ol>	<ol style="list-style-type: none"> <li>10. Water Smart messages: Within Arms' Reach; Wear a Lifejacket</li> </ol>