

Preschool 3 Checklist

1 2 3 4 5 6 7 8

Instructor Name:

Skills - with assistance

Enter/Exit Pool

Jump in to shoulder deep water

Fully submerge and hold breath

Bobbing 10 times

Moves around dock independently

Introduction of rotary breathing

Front float and recovery

Front glide and recover to vertical position

Jellyfish float

Tuck float

Back float and recovery

Back glide and recover to vertical position

Finning arm action on back

Combined arm and leg action on front

Combined arm and leg action on back

Change direction while swimming on front

Change direction while swimming on back

Treading water, up to 30 seconds

Safety Topics

The Danger of Drains

Don't Just Pack It, Wear Your 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								
<u>Exit Skills - with assistance</u>								
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								
Move into a back float for 15 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								