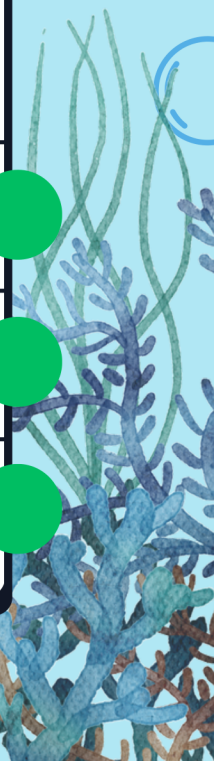
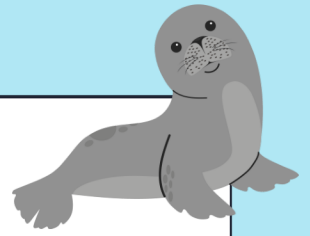


Preschool Swim Level 1



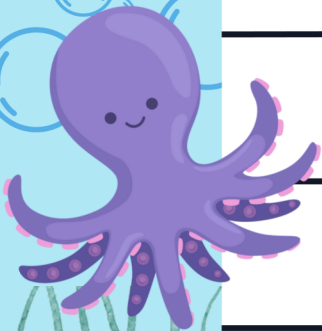
Enter water using ramps, steps or side	Arm and hand treading actions
Exit water using ladder, steps or side	Alternating and simultaneous leg actions and arm actions on front
Blow bubbles for 3 seconds	Alternating and simultaneous leg actions and arm actions on back
Submerge mouth, nose and eyes	Combined arm and leg actions on front
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on back
Front glide and recover to a vertical position	Exit Assessment: With Support
Back glide and recover to a vertical position	Enter independently, using either the ramp, steps or side, travel at least 5 yards
Back float for 3 seconds	Submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim".)
Roll from front to back and back to front	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.

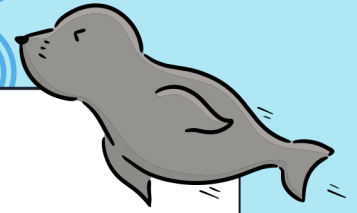




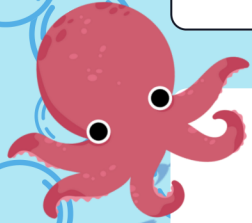
Preschool Swim Level 2

Enter water by stepping in from deck or low height	Roll from front to back and back to front
Exit water using ladder, steps or side	Tread water using arm and leg actions for 15 seconds
Bobbing, 5 times	Combined arm and leg actions on front
Open eyes under water and retrieve submerged objects	Finning arm action on back
Front glide and recover to a vertical position	Combined arm and leg actions on back
Front glide and recover to a vertical position	Exit Assessment: With Support
Front float for 3 seconds	Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
Back glide and recover to a vertical position	Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position
Back float for 15 seconds	Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.





Preschool Swim Level 3



Jump in to shoulder-deep water	Tread water for 30 seconds
Fully submerge and hold breath for 10 seconds	Combined arm and leg actions on front
Bobbing, 10 times	Finning arm action on back
Rotary breathing	Combined arm and leg actions on back
Front glide and recover to a vertical position	Exit Assessment: With Support
Front, jellyfish and tuck floats for 10 seconds	Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds
Back glide and recover to a vertical position	Swim on front and/or back for 5 body lengths, then exit the water
Back float for 15 seconds	Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
Change direction of travel while swimming on front or back	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.

