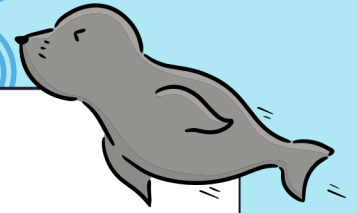




Preschool Swim Level 3



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.

