

Preschool B

Must be able to successfully complete all these skills prior to entering Preschool C

Must be ages 3-5 years old

Enter/exit water by stepping into shoulder-deep water
Bobbing (3 times)
Open eyes underwater & retrieve objects in chest-deep water (2 times)
Front float (3 seconds)
Front glide (2 body lengths)
Recover from front float or glide to standing position
Back float (5 seconds)
Back glide (2 body lengths)
Recover from back float or glide to standing position
Roll front to back
Roll back to front
Tread using arm/leg actions in shoulder-deep water (5 seconds)
Combined arm/leg actions on front (3 body lengths)
Finning arm action on back (3 body lengths)
Combined arm/leg action on back (3 body lengths)
Exit Skills: (may be performed with support)
1. Glide on front at least 2 bodylengths; roll to back; float for 5 seconds and recover to standing.
2. Glide on back at least 2 body lengths; roll to front; float 5 seconds and recover to standing.
3. Swim using combined arm/leg action on front for 3 bodylengths; roll to back, float 5 seconds; roll to front then continue swimming on front for 3 body lengths.