



Preschool Beginner

WATER ADJUSTMENT

- Pour Water Over Head with a bucket
- Graduated head submersion; chin, mouth, eyes, full head
- Blowing bubbles – eyes in the water, with and without goggles
- Usage of equipment – Noodles, barbells, platforms
- Water entry and exit
- Jump into teacher and return to edge
- “Monkey Walking”
- Fully submerge head

KICKING

- Holding on to pool side, platform or instructor
- With barbell or noodle, eyes in water
On back with noodle or kickboard

SCULLING

- Clap hands under water
- Open hand with thumbs down
- Fingers together to hold water

SAFETY

- Pool and facility rules
- Never swim alone
- Don't walk on ice
- Rolling onto back and kicking to side
- Calling for help
- Throwing floating objects

INDEPENDENCE

- Ability to balance relaxed on front and back with instructor's assistance
- Swim 5 yards with kickboard, noodle or barbell

HOMEWORK TIPS

1. Splash or pour water on face, ears, mouth and eyes in bathtub
2. Float in tub – on back, head looking at ceiling
3. Kick on the floor – lie on towel or pillow