

Preschool Aquatics Exit Skills: Ages 3 - 5

The exit skills listed for each level of Preschool Aquatics are what a child must successfully complete to advance to the next level

PRESCHOOL LEVEL 1: Introduction to Water Skills

For children 3-5 years old who have no water experience & cannot swim independently.

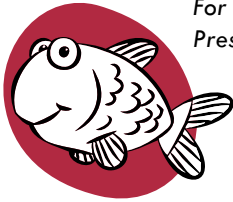
1. Enter independently, move 5 yards, submerge to mouth and blow bubbles for at least 3 seconds and safely exit the water.
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float for 3 seconds then recover to a vertical position.



PRESCHOOL LEVEL 2: Fundamental Aquatic Skills

For 3-5 yr olds who have passed Preschool Level 1 or can do Preschool Level 1 exit skills.

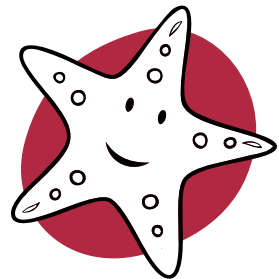
1. Glide on front 2 body lengths, roll to back, float on back for 5 seconds & recover.
2. Glide on back 2 body lengths, roll to front, float for 5 seconds & recover.
3. Swim using combination of arm and leg actions for 3 body lengths on front and on back.



PRESCHOOL LEVEL 3: Stroke Development

For 3-5 yr olds who have passed Preschool Level 2 or can do Preschool Level 2 exit skills.

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, & recover to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to vertical position
3. 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.



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Preschool levels **ARE DIFFERENT** than Learn-to-Swim.

PROGRESSION IN LEVELS:

Once preschool students have passed Preschool Level 3, the next level they should take is Learn-to-Swim Level 3 and progress through the learn-to-swim levels.

Learn-to-Swim Exit Skills:

Ages 6+

The exit skills listed for each level of Learn-to-Swim are what a child must successfully complete to advance to the next level

LEVEL 1: Introduction to Water Skills

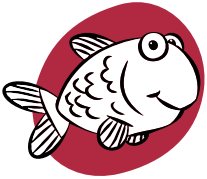
For children ages 6 and older who have no experience & cannot swim independently.

1. Enter independently, at least 5 yards, bob 3 times, then safely exit the water.
2. Glide on front 2 body lengths, roll to a back float for 3 seconds and recover.



LEVEL 2: Fundamental Aquatic Skills

For children ages 6 and older who have passed Level 1 or can do the Level 1 exit skills.



1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds and return to vertical position.
2. Move into a back float for 5 seconds, roll to front & recover to vertical position.
3. 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.

LEVEL 3: Stroke Development

For children ages 6 and older who have passed Level 2 or can do the Level 2 exit skills.

1. Jump into deep water from the side, swim front crawl 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke 15 yards.



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Preschool levels ARE DIFFERENT than Learn-to-Swim.

PROGRESSION IN LEVELS:

Once preschool students have passed Preschool Level 3, the next level they should take is Learn-to-Swim Level 3 and progress through the learn-to-swim levels.

Learn-to-Swim Exit Skills:

Ages 6+

The exit skills listed for each level of Learn-to-Swim are what a child must successfully complete to advance to the next level

LEVEL 4: Stroke Development

For children ages 6 and older who have passed level 3 or can do the Level 3 exit skills.

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.



LEVEL 5: Stroke Refinement

For children ages 6 and older who have passed level 4 or can do the Level 4 exit skills.

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position as necessary and swim back crawl for 25 yards.



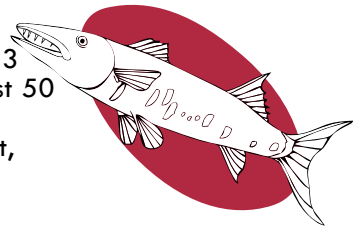
LEVEL 6: Swimming & Skill Proficiency

This class is for children who have passed Level 5 or can do the Level 5 exit skills and are interested in continuing to improve strokes.

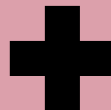
There are specialty Level 6 classes which are:

Fitness Swimmer, Fundamentals of Diving,
Personal Water Safety

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12-minute swim test, and compare results with the preassessment results.



Swimmers are invited to tryout
for the Tsunami Swim Team
after passing Level 6



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