



## SKILLS CHECKLIST

# Preschool Aquatics Level 3

*In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:*

Enter water by jumping in (in shoulder-deep water)  
Fully submerging and holding breath, 5 seconds  
Bobbing, 5 times (in chest-deep water)  
Front float, 5 seconds  
Jellyfish float, 5 seconds  
Tuck float, 5 seconds  
Recover from a front float or glide to a vertical position  
Back float, 15 seconds  
Back glide, 2 body lengths  
Recover from a back float or glide to a vertical position  
Change direction of travel while swimming on front or back  
Treading using arm and leg actions, 15 seconds (in shoulder-deep water)  
Combined arm and leg actions on front, 5 body lengths  
Finning arm action on back, 5 body lengths  
Combined arm and leg actions on back, 5 body lengths

### Safety Topics

Staying safe around  
aquatic environments  
Don't Just Pack It, Wear Your Jacket  
Recognizing an emergency  
How to call for help  
Too Much Sun Is No Fun  
Look Before You Leap  
Think So You Don't Sink  
Reach or Throw, Don't Go

### Exit Skills Assessment

All Preschool Aquatics Level 3 skills are done independently (without assistance from instructor).

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a 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. (You can assist the child when taking a breath.)