

Preschool Aquatics – Two week lessons. Monday – Thursday; 30 minutes per lesson. Price \$180

3 Years- 5 Years

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety course, your child will always know that it's safety first.

Level 1

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- *Enter water using ramp, steps or side
- *Exit water using ladder, steps or side
- *blow bubbles through mouth and nose
- *Submerge mouth, nose and eyes
- *Open eyes underwater and retrieve submerged objects
- *Front glide and recover to a vertical position
- *Back glide and recover to a vertical position
- *Back float
- *Roll from front to back and back to front
- *Tread with arm and hand actions
- *Alternating and simultaneous arm and leg actions on front
- *Alternating and simultaneous arm and leg actions on back
- *Combined arm and leg action on front and back
- *Plus age-appropriate water safety topics

Level 2

Helps children gain greater independence in their skills and develop more comfort in and around water.

- *Enter water by stepping in from a deck or low height
- *Exit water using ladder, step or side
- *Bobbing
- *Open eyes underwater and retrieve submerged objects
- *Front float
- *Back glide and float and recover to a vertical position
- *Roll from front to back and back to front
- *Tread water using arm and leg actions
- *Combined arm and leg actions on front and back
- *Finning arm action on back
- *Plus age-appropriate water safety topics

Level 3

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- *Enter water by jumping in
- *Fully submerge and hold breath
- *Bobbing
- *Rotary breathing
- *Front, Jellyfish and tuck floats
- *Front and back float or glide and recover to a vertical position
- *Change direction of travel while swimming on front or back
- *Tread water using arm and leg actions
- *Combined arm and leg action on front and back