

## PRESCHOOL LEVEL DESCRIPTION AND PREREQUISITES

Skills Categories	Preschool A (ages 3–5)	Preschool B (ages 3–5)	Preschool C (ages 3–5)	Preschool D (ages 3–5)	Preschool E (ages 3–5)	Preschool F (ages 3–5)
	Prerequisites - What your child needs before you register:					
	No prerequisite skill or experience	All skills with appropriate technique from Preschool A	All skills with appropriate technique from Preschool B	All skills with appropriate technique from Preschool C	All skills with appropriate technique from Preschool D	All skills with appropriate technique from Preschool E
What your child will learn:						
Underwater Skills	Face in water, blow bubbles, hold breath underwater 3 sec	Submerge, hold breath underwater 3 sec Face in water and exhale	Open eyes underwater	Submerge and exhale 3 times	Submerge and exhale 5 times Hold breath 5 sec	Submerge and exhale 10 times
Floats	Float on front and back 3 sec (assisted)	Float on front and back 3 sec (with buoyant aid)	Float on front and back 5 sec (unassisted)	-	-	-
Glides	Glide on front and back 3m (assisted)	Glide on front and back 3m (with buoyant aid)	Glide on front and back 3m (unassisted)	-	Glide on side 3m	Glide on side 5m
Kicks	-	Flutter kick on back 5m (with buoyant aid)	Flutter kick on front and back 3m	Flutter kick on front and back 4m	Flutter kick on front and back 5m	Flutter kick on front and back 7m Whip kick in vertical position 20 sec with aid
Rolls	-	Roll laterally front to back and back to front (assisted)	Roll laterally front to back and back to front wearing PFD	Roll laterally front to back and back to front (unassisted)	-	-
Swimming	-	-	-	Kicking with arm movements wearing PFD	Front crawl 5m wearing PDF	Front crawl 5m Back crawl 5m
Treading Water	-	-	Tread water 10 sec wearing PFD	Tread water 30 sec wearing PFD	Tread water 5 sec	Tread water 10 sec
Entries	Jump into chest deep water (assisted)	Jump into chest deep water (unassisted)	Jump into deep water wearing PFD, return and exit	Jump into deep water, return, call for help	Jump into deep water, return, call for help	Forward roll entry wearing PFD



**SPORT & REC**