

## Preschool Aquatics – Level 1

### Skill Chart

#### Water Adjustment, Entry and Exit

- Enter water using steps or side
- Exit water using steps or side

#### Breath Control and Submerging

- Blow bubbles, 3 seconds
- Submerge mouth, nose and eyes
- Open eyes underwater and retrieve submerged objects in shallow water

#### Buoyancy on Front

- Front glide, 2 body lengths
- Front float, 3 seconds
- Recover from a front float or glide to a vertical position

#### Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position

#### Changing Direction and Position and Treading

- Roll from front to back
- Roll from back to front

#### Swim on Front and Back

- All – 2 body lengths
- Alternating leg action
- Simultaneous leg action
- Alternating arm action
- Simultaneous arm action
- Combined arm and leg actions on front and back

