

Preschool Aquatics – Level 3

Skill Chart

Water Adjustment, Entry and Exit

- Enter by jumping in to shoulder-deep water

Breath Control and Submerging

- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times, in chest-deep water
- Rotary breathing, 5 times

Buoyancy on Front

- Float in a face-down position, 10 seconds
- Recover from a front float to a vertical position

Buoyancy on Back

- Back glide, 3 body lengths
- Back float, 15 seconds
- Recover from a back float or glide to a vertical position

Changing Direction and Position and Treading

- Change direction of travel while swimming on front and back
- Tread water, 30 seconds in shoulder-deep water

Swim on Front and Back

- Combined arm and leg actions on front, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

