



SKILLS CHECKLIST

Preschool Aquatics Level 3

| Instructor Name: Date: | Participants' Names | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
|---|---------------------|--|----|----|----|----|----|----|----|----|-----|
| | | 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 | | | | | | | | | | | |



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|--|---------------------|----------------------|----|----|----|----|----|----|----|----|-----|
| | | 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. | | | | | | | | | | | |
| 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.) | | | | | | | | | | | |