ILEARN TO SWIM

preschool

PURPOSE

To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Participants begin the program at about 4 or 5 years old.

COURSE REQUIREMENTS

- State two pool rules
- Jump into chest-deep water
- Fully submerge and hold breath underwater for 5 seconds
- Bobbing, 5 times
- Front glide and back glide, recover to vertical position
- Back float for 10 seconds
- Front float for 5 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back for two body lengths