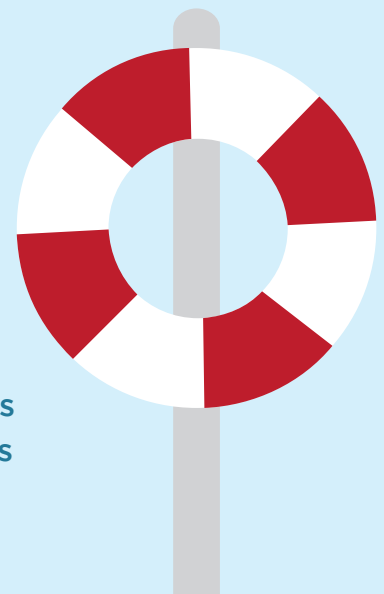


LEARN TO SWIM PRESCHOOL

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

CERTIFICATION REQUIREMENTS:

- State two pool rules
- Jump into chest deep water
- Fully submerge and hold breath for 5 seconds
- Bobbing, 5 Times
- Front Glide and recover to vertical position
- Back Glide and 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 for two body lengths
- Combined arm and leg actions on back for two body lengths



For more information, contact srwc.aquatics@unlv.edu