

# Preschool Aquatics Exit Skills: Ages 3 - 5

**PRESCHOOL LEVEL 1:** Introduction to Water Skills For children 3-5 years old who have no water experience & cannot swim independently.

1. Enter independently, move 5 yards, submerge to mouth and blow bubbles for at least 3 seconds and safely exit the water.
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float for 3 seconds then recover to a vertical position.

**PRESCHOOL LEVEL 2:** Fundamental Aquatic Skills For 3-5 yr olds who have passed Preschool Level 1 or can do Preschool Level 1 exit skills.

1. Glide on front 2 body lengths, roll to back, float on back for 15 seconds & recover to vertical position.
2. Glide on back 2 body lengths, roll to front, & recover to vertical position. 3. Swim using combination of arm and leg actions for 3 body lengths on front, roll to back, float for 15 seconds, roll to front & continue swimming on front for 3 body lengths.

**PRESCHOOL LEVEL 3:** Stroke Development For 3-5 yr olds who have passed Preschool Level 2 or can do Preschool Level 2 exit skills.

1. Step from side into chest-deep water, move into a float for 15 seconds, roll to back, float for 15 seconds, & recover to a vertical position.
2. Move into a back float for 15 seconds, roll to front then recover to 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.

**PRESCHOOL LEVEL 4:** For 3-5 years old who have passed Preschool Level 3 or can do Preschool Level 3 exit skills.

1. Jump into deep water, tread or float for 1 minute then begin swimming front crawl for 25 yards, roll to back and continue swimming with back crawl for 15 yards.
2. Push off streamlined, then swim front crawl for 15 yards, change direction and swim elementary backstroke for 15 yards.