

Course: Preschool Aquatics Level 1

Purpose

To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills

Prerequisites

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 4 and 5 years old.

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Experience wearing a life jacket in the water
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills.
- Successfully complete the following exit skills assessment (can be done with support):
 1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
 2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Certificate Issued and Validity Period

Preschool Aquatics Level 1 – No validity period

Participant Materials

Raffy Learns to Swim (StayWell Stock No. 651317) (Recommended, but not required)