

Preschool Curriculum

At-a-glance



The Lifesaving Society Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep.

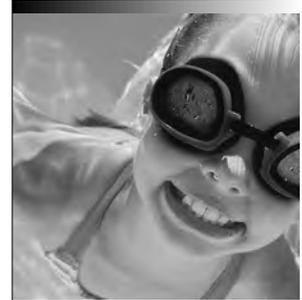
In our preschool progressions we work to ensure 3 to 5-year-olds become comfortable in the water and have fun developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

PRESCHOOL A	PRESCHOOL B	PRESCHOOL C
Entries and Exits		
<ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into chest-deep water – assisted 3. Face in water 4. Blow bubbles in water 5. Float on front and back wearing PFD or using other buoyant aid 6. Safe movement in shallow water – with or without assistance 7. Glide on back wearing PFD 	<ol style="list-style-type: none"> 1. Enter and exit shallow water wearing PFD 2. Jump into chest-deep water 3. Submerge 4. Submerge and exhale (3–5 times) 5. Float (assisted) on front and back (3–5 sec. each) 6. Roll laterally front to back and back to front, wearing PFD 7. Glide on front and back wearing PFD (2–3 m each) 8. Flutter kick on back with buoyant aid (5–10 m) 	<ol style="list-style-type: none"> 1. Jump into deep water wearing PFD, return and exit 2. Side roll entry wearing PFD 3. Hold breath under water (3–5 sec.) 4. Submerge and exhale (5–10 times) 5. Recover object from bottom in waist-deep water 6. Front float, lateral roll to back; swim 2–3 m to grasp nearest edge 7. Float on front and back (3–5 sec. each) 8. Roll laterally front to back and back to front 9. Glide on front and back (3–5 m each) 10. Flutter kick on back (5–10 m) 11. Flutter kick on front (3–5 m)

Water Smart® drowning prevention messages are an integral part of the Swim for Life® Program. These messages are embedded in content and program support materials.

Preschool Curriculum

At-a-glance (continued)



PRESCHOOL D	PRESCHOOL E
Entries and Exits	
<ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Side roll entry 	<ol style="list-style-type: none"> 1. Forward roll entry wearing PFD
Surface Support	
<ol style="list-style-type: none"> 3. Wearing PFD, tread water with sculling arm action 4. Open eyes under water 5. Recover object from bottom in chest-deep water 6. Wearing a PFD, side roll entry into deep water; tread (10–15 sec.); swim/kick (5–10 m) 7. Front float, pendulum rollover to back; swim (3–5 m) to grasp nearest edge 8. Glide on side (3–5 m) 9. Flutter kick: <ul style="list-style-type: none"> on front (3–5 m); on back (8–10 m); on side (3–5 m) 10. Front crawl (3–5 m) 	<ol style="list-style-type: none"> 2. Tread water (10–15 sec.) with sculling arm action and any kick 3. Submerge and hold breath (5–10 sec.) 4. Recover object from bottom in chest-deep water 5. Wearing PFD, side roll entry into deep water; tread (15–30 sec.); swim/kick (10–15 m) 6. Whip kick in vertical position with a buoyant aid (10–20 sec.) 7. Front crawl (5–10 m) 8. Back crawl (3–5 m) 9. Interval training: <ul style="list-style-type: none"> 4 x 8–10 m flutter kick on back with 15–20 sec. rests.