

Preschool

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 five basic aquatic progressions we work to ensure 3 to 5-year-olds become comfortable in the water and have fun developing a foundation of water skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered 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 (assisted) 2. Jump into chest-deep water (assisted) 	<ol style="list-style-type: none"> 1. Enter and exit shallow water wearing PFD 2. Jump into chest-deep water 	<ol style="list-style-type: none"> 1. Jump into deep water wearing PFD, return and exit 2. Sideways entry wearing PFD
Underwater Skills		
<ol style="list-style-type: none"> 3. Face in water 4. Blow bubbles in water 	<ol style="list-style-type: none"> 3. Submerge 4. Submerge and exhale 3 times 	<ol style="list-style-type: none"> 3. Hold breath underwater 3 sec. 4. Submerge and exhale 5 times 5. Recover object from bottom in waist-deep water
Swim to Survive® Skills		
		<ol style="list-style-type: none"> 6. Back float; roll to front; swim 3 m
Movement / Swimming Skills		
<ol style="list-style-type: none"> 5. Float on front and back (3 sec. each) assisted 6. Safe movement in shallow water wearing PFD 7. Glide on front and back (3 m each) assisted 	<ol style="list-style-type: none"> 5. Float on front and back (3 sec. each) wearing PFD or with buoyant aid 6. Roll laterally front to back and back to front, wearing PFD 7. Glide on front and back (3 m each) wearing PFD or with buoyant aid 8. Flutter kick on back with buoyant aid 5 m 	<ol style="list-style-type: none"> 7. Float on front and back 5 sec. each 8. Roll laterally front to back and back to front 9. Glide on front and back 3 m each 10. Flutter kick on back 5 m 11. Flutter kick on front 5 m
Water Smart® Education		
<ol style="list-style-type: none"> 8. Water Smart messages: Within Arms' Reach; Wear a Lifejacket 	<ol style="list-style-type: none"> 9. Water Smart messages: Within Arms' Reach; Wear a Lifejacket 	<ol style="list-style-type: none"> 12. Water Smart messages: Within Arms' Reach; Wear a Lifejacket

Preschool D	Preschool E
Entries and Exits	
<ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Sideways entry 	<ol style="list-style-type: none"> 1. Forward roll entry wearing PFD
Surface Support	
<ol style="list-style-type: none"> 3. Tread water 10 sec. wearing PFD 	<ol style="list-style-type: none"> 2. Tread water 10 sec.
Underwater Skills	
<ol style="list-style-type: none"> 4. Open eyes underwater 5. Recover object from bottom in chest-deep water 	<ol style="list-style-type: none"> 3. Submerge and hold breath 5 sec. 4. Recover object from bottom in chest-deep water
Swim to Survive® Skills	
<ol style="list-style-type: none"> 6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m 7. Front float; roll to back; swim 5 m 	<ol style="list-style-type: none"> 5. Wearing PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m
Movement / Swimming Skills	
<ol style="list-style-type: none"> 8. Glide on side 3 m 9. Flutter kick: on front 7 m; on back 7 m; on side 5 m 10. Front crawl 5 m wearing PFD 	<ol style="list-style-type: none"> 6. Whip kick in vertical position 20 sec. with a PFD or buoyant aid 7. Front crawl 5 m 8. Back crawl 5 m
Fitness	
	<ol style="list-style-type: none"> 9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
Water Smart® Education	
<ol style="list-style-type: none"> 11. Water Smart messages: Within Arms' Reach; Wear a Lifejacket 	<ol style="list-style-type: none"> 10. Water Smart messages: Within Arms' Reach; Wear a Lifejacket