

Preschool At-a-glance

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

Preschool 1

1. Enter & exit shallow water
2. Jump into chest-deep water – assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back wearing PFD or using other buoyant aid
6. Safe movement in shallow water – with or without assistance
7. Glide on back wearing PFD

Preschool 2

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge
4. Submerge & exhale (3– 5 times)
5. Float (assisted) on front & back (3–5 sec. each)
6. Roll laterally front to back & back to front, wearing PFD
7. Glide on front & back wearing PFD (2–3 m each)
8. Flutter kick on back with buoyant aid (5–10 m)

Preschool 3

1. Jump into deep water wearing PFD, return & exit
2. Side roll entry wearing PFD
3. Hold breath under water (3–5 sec.)
4. Submerge & 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 & back (3–5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3–5 m each)
10. Flutter kick on back (5–10 m)
11. Flutter kick on front (3–5 m)

Preschool 4

1. Jump into deep water, return & exit
2. Side roll entry
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: on front (3–5 m); on back (8–10 m); on side (3–5 m)
10. Front crawl (3–5 m)

Preschool 5

1. Forward roll entry wearing PFD
2. Tread water (10–15 sec.) with sculling arm action & any kick
3. Submerge & 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: 4 x 8–10 m flutter kick on back with 15–20 sec. rests

You can spot people who are Water Smart® right away!

They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

Next Steps:

Swimmer 1 - for children turning five or six

Swimmer 2 - if the child has completed Preschool 5



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