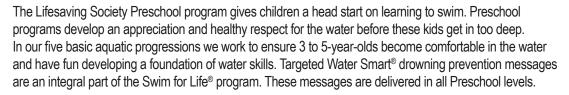
Preschool

At-a-glance





Preschool 1	Preschool 2	Preschool 3	
Entries and Exits			
 Enter and exit shallow water (assisted) Jump into chest-deep water (assisted) 	 Enter and exit shallow water wearing PFD Jump into chest-deep water 	 Jump into deep water wearing PFD, return and exit Sideways entry wearing PFD 	
Underwater Skills			
3. Face in water4. Blow bubbles in water	3. Submerge4. Submerge and exhale 3 times	 Hold breath underwater 3 sec. Submerge and exhale 5 times Recover object from bottom in waist-deep water 	
Swim to Survive® Skills			
		6. Back float; roll to front; swim 3 m	
Movement / Swimming Skills			
 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 	 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 	 Float on front and back 5 sec. each Roll laterally front to back and back to front Glide on front and back 3 m each Flutter kick on back 5 m Flutter kick on front 5 m 	
Water Smart® Education			
Water Smart messages: Within Arms' Reach; Wear a Lifejacket	Water Smart messages: Within Arms' Reach; Wear a Lifejacket	12. Water Smart messages: Within Arms' Reach; Wear a Lifejacket	

Preschool 4	Preschool 5		
Entries and Exits			
 Jump into deep water, return and exit Sideways entry 	Forward roll entry wearing PFD		
Surface Support			
3. Tread water 10 sec. wearing PFD	2. Tread water 10 sec.		
Underwater Skills			
Open eyes underwater Recover object from bottom in chest-deep water	3. Submerge and hold breath 5 sec.4. Recover object from bottom in chest-deep water		
Swim to Survive® Skills			
 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 	 Wearing PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m 		
Movement / Swimming Skills			
 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 	 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			
	9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests		
Water Smart [®] Education			
11. Water Smart messages: Within Arms' Reach; Wear a Lifejacket	 Water Smart messages: Within Arms' Reach; Wear a Lifejacket 		