

Preschool

Class	Goals	Prerequisites
Preschool Level 1:	<ul style="list-style-type: none"> Familiarize young children with the aquatic environment and help children to develop fundamental aquatic skills Help cultivate positive attitudes and safe practices in and around water 	<ul style="list-style-type: none"> No skills prerequisites Children should be able to participate in swim lessons without a parent in the water
Preschool Level 2:	<ul style="list-style-type: none"> Reinforce and improve on skills learned in Preschool 1 Build on water safety topics learned in Preschool 1 	<ul style="list-style-type: none"> Successful completion of Preschool Level 1 evaluation OR possess core skills required by Preschool Level 1
Preschool Level 3:	<ul style="list-style-type: none"> Continue to build towards expertise on skills learned in Preschool 1 and 2 Build on water safety topics introduced in Preschool 1 and 2 	<ul style="list-style-type: none"> Successful completion of Preschool Level 2 evaluation OR possess core skills required by Preschool Level 2
Learning Objectives		
<ul style="list-style-type: none"> See Skills Chart (below) 		
Length		
<ul style="list-style-type: none"> Preschool classes consist of eight 40-minute sessions of water instructions. 		
Price		
<ul style="list-style-type: none"> Price varies by residency. Please see the prices section on the home page of Swimdover.org under the swimming lessons tab. Dover Area School District employees, please be sure to contact daacswimlessons@gmail.com to learn about pricing for district employees. 		
Participant Materials		
<ul style="list-style-type: none"> All materials needs related to swim lessons are provided by DAAC including flotation devices, toys, and learning related equipment. Personal items such as towels, swimsuits, shampoo, etc., are noting provided. Goggles are not required, but will assist greatly in a swimmers comfort and success in the water. 		

Preschool Skills

- Preschool Level 1 skills may be performed with support
- Preschool Level 2 skills may be performed with assistance
- Preschool Level 3 skills are performed independently

Preschool Level 1	Preschool Level 2	Preschool Level 3
Water Variation, Entry, Exit		
<ul style="list-style-type: none"> • Enter water using ladder or side • Exit water using ladder or side 	<ul style="list-style-type: none"> • Enter by stepping or jumping into water • Exit using ladder or side 	<ul style="list-style-type: none"> • Enter water by jumping into shoulder-deep water
Breath Control		
<ul style="list-style-type: none"> • Blow bubbles, 3 seconds • Submerge mouth, nose and eyes • Open eyes underwater and retrieve submerged objects in shallow water 	<ul style="list-style-type: none"> • Bobbing, 5 times • Open eyes underwater and retrieve submerged objects in chest-deep water 	<ul style="list-style-type: none"> • Fully submerged and hold breath for 10 seconds • Bobbing, 10 times • Rotary (bilateral) breathing
Skills on Front		
<ul style="list-style-type: none"> • Front glide, 2 body lengths • Recover from front glide • Alternating leg action, 2 body lengths • Simultaneous leg action, 2 body lengths • Alternating arm action, 2 body lengths • Simultaneous arm action, 2 body lengths • Combined arm and leg actions on front, 2 body lengths 	<ul style="list-style-type: none"> • Front glide, 2 body lengths • Front float, 3 seconds • Recover from front glide/float to vertical position • Combined arm and leg actions on front, 3 body lengths 	<ul style="list-style-type: none"> • Float in a face-down position, 10 seconds <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Front float • Recover from front float or glide to vertical position • Combined arm and leg actions on front, 5 body lengths
Skills on Back		
<ul style="list-style-type: none"> • Back glide, 2 body lengths • Back float, 3 seconds • Recover from a back float or glide to a vertical position • Alternating leg action, 2 body lengths • Simultaneous leg action, 2 body lengths • Alternating arm action, 2 	<ul style="list-style-type: none"> • Back glide, 2 body lengths • Back float, 5 seconds • Recover from a back float or glide to a vertical position • Finning arm action, 3 body lengths • Combined arm and leg actions on back, 3 body lengths 	<ul style="list-style-type: none"> • Back glide, 3 body lengths • Back float, 15 seconds • Recover from a back float or glide to a vertical position • Finning arm action, 5 body lengths • Combined arm and leg actions on back, 5 body lengths

<p>body lengths</p> <ul style="list-style-type: none"> • Simultaneous arm action, 2 body lengths • Combined arm and leg actions on back 		
<p>Body Position</p>		
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Treading water 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Treading water, 15 seconds 	<ul style="list-style-type: none"> • Back glide, 3 body lengths • Back float, 15 seconds • Recover from a back float or glide to a vertical position
<p>Water Safety</p>		
<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack it, Wear your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • The danger of drains • Don't Just Pack It, Wear Your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go
<p>Water Safety</p>		
<ol style="list-style-type: none"> 1. Enter Independently, using the side or ladder, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds then safely exit the water. 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. 	<ol style="list-style-type: none"> 1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. 2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. 3. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front 	<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined

	for at least 3 body lengths.	arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.
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