



## PRESCHOOL 1



### Entries and Exits

- Enter and exit shallow water (assisted)
- Jump into chest-deep water (assisted)

### Underwater Skills

- Face in water
- Blow bubbles in water

### Movement / Swimming Skills

- Float on front (3 sec.) assisted
- Float on back (3 sec.) assisted
- Safe movement in shallow water wearing PFD
- Glide on front (3 m) assisted
- Glide on back (3 m) assisted

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

## PRESCHOOL 2



### Entries and Exits

- Enter and exit shallow water wearing PFD
- Jump into chest-deep water

### Underwater Skills

- Submerge
- Submerge and exhale 3 times

### Movement / Swimming Skills

- Float on front 3 sec. wearing PFD or with buoyant aid
- Float on back 3 sec. wearing PFD or with buoyant aid
- Roll laterally front to back and back to front, wearing PFD
- Glide on front 3 m wearing PFD or with buoyant aid
- Glide on back 3 m wearing PFD or with buoyant aid
- Flutter kick on back with buoyant aid 5 m

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

## PRESCHOOL 3



### Entries and Exits

- Jump into deep water wearing PFD, return and exit
- Sideways entry wearing PFD

### Underwater Skills

- Hold breath underwater 3 sec.
- Submerge and exhale 5 times
- Recover object from bottom in waist-deep water

### Swim to Survive® Skills

- Back float; roll to front; swim 3 m

### Movement / Swimming Skills

- Float on front 5 sec.
- Float on back 5 sec.
- Roll laterally front to back and back to front
- Glide on front 3 m
- Glide on back 3 m
- Flutter kick on back 5 m
- Flutter kick on front 5 m

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

## PRESCHOOL 4



### Entries and Exits

- Jump into deep water, return and exit
- Sideways entry

### Surface Support

- Tread water 10 sec. wearing a PFD

### Underwater Skills

- Open eyes underwater
- Recover object from bottom in chest-deep water

### Swim to Survive® Skills

- Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim/kick 5 m
- Front float; roll to back; swim 5 m

### Movement / Swimming Skills

- Glide on side 3 m
- Flutter kick on front 7 m
- Flutter kick on back 7 m
- Flutter kick on side 5 m
- Front crawl 5 m wearing PFD

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

## PRESCHOOL 5



### Entries and Exits

- Forward roll entry wearing PFD

### Surface Support

- Tread water 10 sec.

### Underwater Skills

- Submerge and hold breath 5 sec.
- Recover object from bottom in chest-deep water

### Swim to Survive® Skills

- Wearing PFD, sideways entry into deep water; tread 20 sec.; swim/kick 10 m

### Movement / Swimming Skills

- Whip kick in vertical position (20 sec.) with a PFD or buoyant aid
- Front crawl 5 m
- Back crawl 5 m

### Fitness

- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests

### Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

## Be Water Smart – Stay within arms' reach.

Be vigilant! Children under 5 are at high risk around water. Stay within arms' reach whenever they are near or in the water.