

Preschool 2 Checklist

1 2 3 4 5 6 7 8

Instructor Name:								
<u>Skills - all supported</u>								
Enter/Exit water independently								
Bobbing 5 times								
Open eyes under water and retrieve submerged objects								
Walks freely across dock								
Blows bubbles from mouth and nose								
Front glide								
Front float 3 seconds								
Recover from a front float/glide to a vertical position								
Back glide								
Back float 5 seconds								
Recover from a back float/glide to a vertical position								
Roll from front to back								
Roll from back to front								
Tread water using arm and leg actions, up to 15 seconds								
Combined arm and leg actions on front								
Combined arm and leg actions on back								
Kicks and uses arms on noodle with little support								
Elementary backstroke arms								
Elementary backstroke kick								
Finning arm action on back								
Jumps to teacher independently								
<u>Safety Topics</u>								
Staying Safe around Aquatic Environments								

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								
<u>Exit Skills - all supported</u>								
Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position								
Glide on back, for at least 2 body lengths, roll to front, then recover to a vertical position								
Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front, then continue swimming on front for 3 body lengths								