Preschool
Introduction
Tips & Tricks

2-3 yrs

- Water adjustment
- Entering and exiting pool
- Exploring the pool
- Bubble blowing
- 3 bobs
- Opening eyes under water
- Retrieve object from under water
- Front float with support 5 seconds
- Back float with support 5 seconds
- Front float with kick and support 5 seconds
- Back float with kick and support 5 seconds
- Elementary backstroke arms with support
- Rolling over with support
- Jumping in with or without support
- Front crawl arms - standing
- Life jacket safety
- Water safety & pool rules

Exit Skills to go to next level:
- Enter water independently using either a ramp, steps or side, travel 3 yards, submerge to mouth and blow bubbles, then safely exit the water. May walk, move along the gutter or swim.

Helpful hints for your child to be successful in his/her class.

- Bring your child to the pool during recreational swim and practice the following items. You must be in the water and feel comfortable at all times during the practice of these skills with your child.

1. Bring your child to the pool often and play with him/her in the water. Bring their favorite bath toy to help them feel more comfortable.
2. While in the water hold your finger up and tell your child it is a candle and that they are to blow it out. Move your finger lower in the water and continue to blow out the candle. Let your child know this is a waterproof candle and the only way to blow it out is to do it underwater.
3. Play: how many fingers can you see. Hold your hand underwater in a fist and when your child places their head underwater open your fist up with one, two, three, or four fingers. See if they can count correctly.
4. Work on floating independently on the front and on the back. Good tip is to tell them to be a “starfish” with their arms and legs out to distribute their weight in the water.
5. Holding one or two hands have your child jump into the pool. Make sure they do not land on you. After jumping into the pool have your child turn around and go to the pool wall. Work on this skill until they do it by themselves.

Check off each skill as your child progresses.