Strathmore Aquatic Centre - Swimming Lessons
Lifesaving Society's Swim for Life Program

Preschool 1-4
Recommended Ages: 3 - 6

Preschool 1	Preschool 2	Preschool 3	Preschool 4
1. Enter and exit shallow water - Assisted	1. Wearing a lifejacket: enter and exit shallow water	1. Wearing a lifejacket: jump into deep water, return and exit	1. Jump into deep water, return and exit
2. Jump into chest deep water - Assisted	2. Jump into chest-deep water	2. Wearing a lifejacket: sideways entry	2. Sideways entry
3. Face in the water	3. Submerge	3. Hold breath under water (3 sec.)	3. Tread water 10 sec. wearing lifejacket
4. Blow bubbles in the water	4. Submerge and exhale (3 times)	4. Submerge and exhale (5 times)	4. Open eyes underwater
5. Float on front and back (3 sec. each) - Assisted	5. Wearing a lifejacket or with a buoyant aid: float on front and back (3 sec. each)	5. Recover an object from the bottom in waist-deep water	5. Recover an object from the bottom in chest-deep water
6. Wearing a lifejacket: safe movement in shallow water	6. Wearing a lifejacket: roll laterally front-to-back and back-to-front	6. Back float; roll to front; swim (3 m)	6. Wearing lifejacket, sideways entry into deep water; tread 15 sec.; and swim/kick 5m
7. Glide on front and back (3 m each) - Assisted	7. Wearing a lifejacket or with a buoyant aid: glide on front and back (3 m each)	7. Float on front and back (5 sec. each)	7. Front float; roll to back; swim 5m
8. Water Smart® messages	8. Flutter kick on back with buoyant aid (5 m)	8. Roll laterally front-to-back and back-to-front	8. Glide on side (3 m)
	9. Water Smart® messages	9. Glide on front and back (3 m each)	9. Flutter kick on front (7 m)
		10. Flutter kick on back (5 m)	10. Flutter kick on back (7 m)
		11. Flutter kick on front (5 m)	11. Flutter kick on side (5 m)
		12. Water Smart® messages	12. Front crawl 5 m wearing a lifejacket
			13. Water Smart® messages
PASSED Preschool 1 → Register in Preschool 2	PASSED Preschool 2 → Register in Preschool 3	PASSED Preschool 3 → Register in Preschool 4 or Swimmer 1 (age 5+)	PASSED Preschool 4 → Register in Swimmer 2