

# ***Linn-Mar Preschool Swim Lessons***

## **Preschool 1 - Swim Lessons Introduction**

### ***Additional Skills***

Relaxes with guide and instructor going to and from the pool

Relaxes while wearing goggles

### ***Advancement skills***

Relaxes while in water when wearing PFD (without instructor assistance)

Reaches for toy while wearing PFD (May have instructor assistance)

## **Preschool 2 - Water Adjustment**

### ***Advancement skills***

Places ear in water

Touches lips to water and blows bubbles

Places face in water and blows bubbles

## **Preschool 3- Submerging**

### ***Additional skills***

Submerges underwater

Blows bubbles while submerging

### ***Advancement skills***

5 Relaxed bobs

## **Preschool 4 - Floats**

### ***Additional skills***

Floats on back with flotation aid and independent of instructor (push-off not required)

Floats on front with flotation aid and independent of instructor (push-off not required)

### ***Advancement skills***

Floats on back for 3 seconds without flotation aid and independent of instructor (push-off not required)

Floats on front for 3 seconds without flotation aid and independent of instructor (push-off not required)



Inspire Learning. **Unlock Potential. Empower Achievement.**