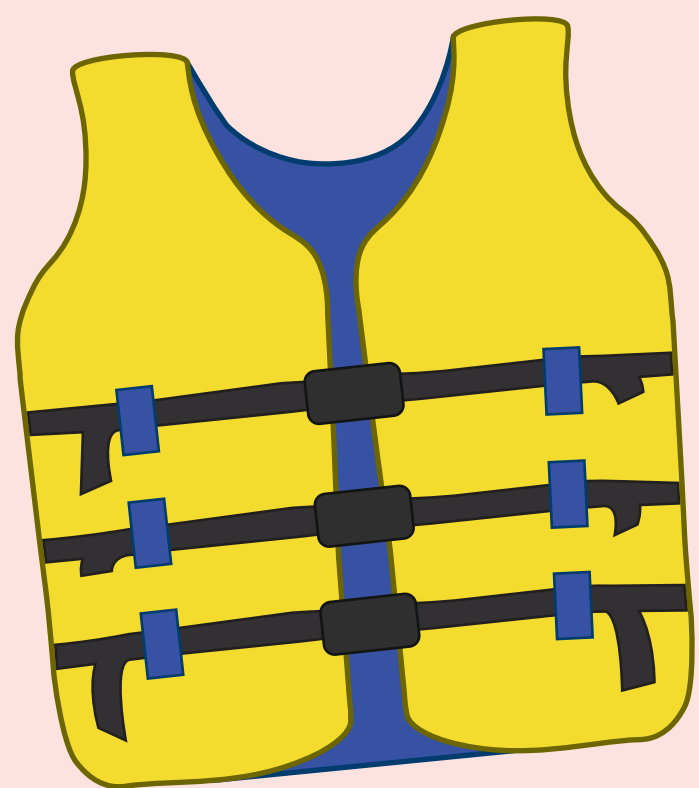
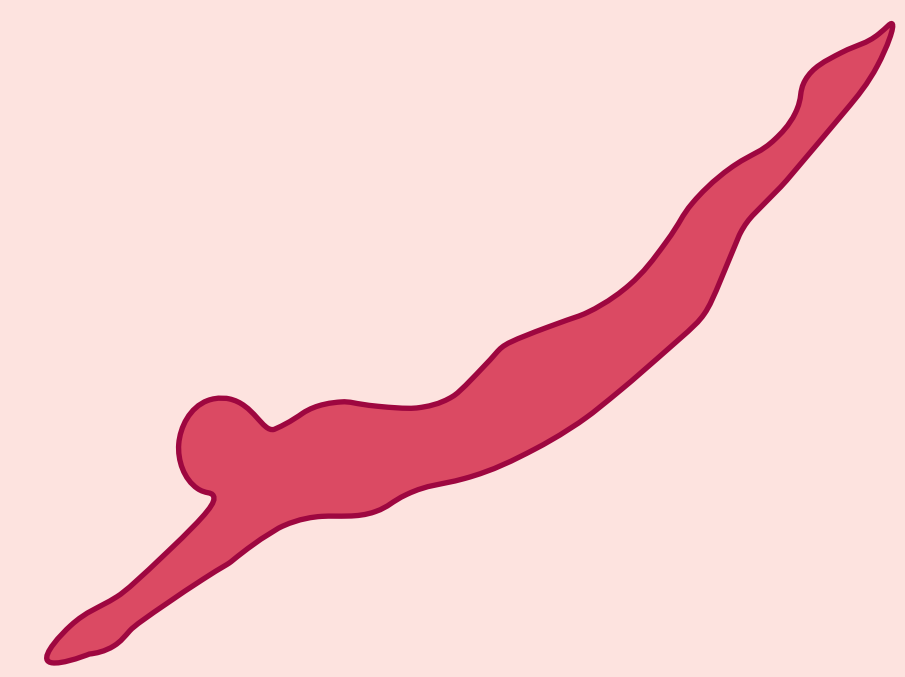


Swim For Life

Preschool Criteria

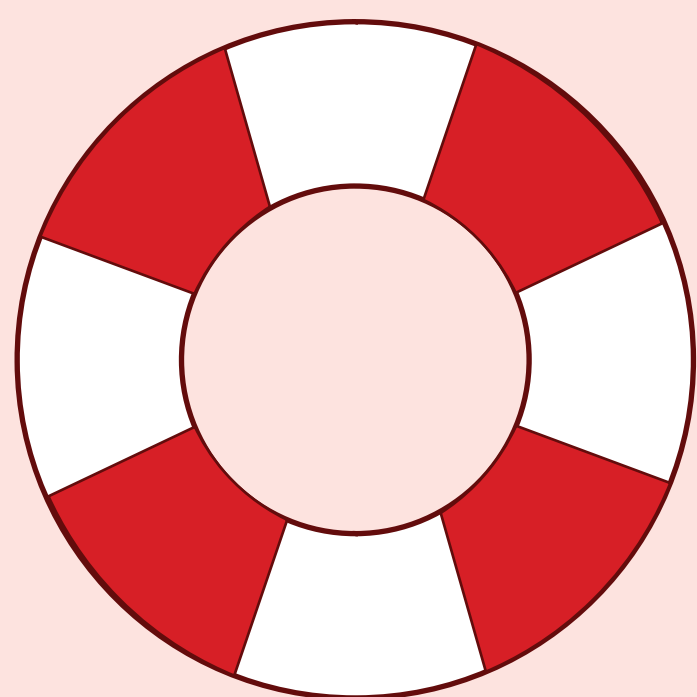
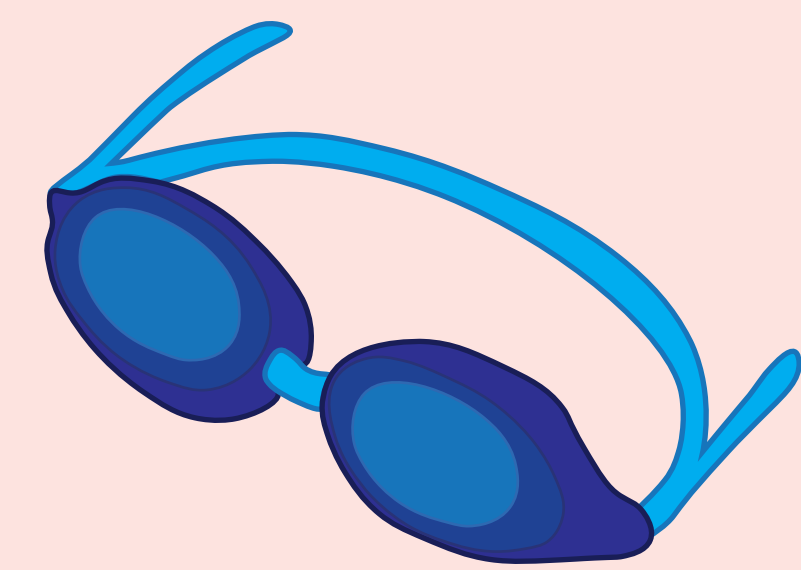


- Enter and Exit Shallow Water with assistance
- Jump into chest-deep water with assistance
- Face in water
- Blow bubbles in water
- Float on front and back 3 sec. with assistance

- Safe movement in shallow water wearing PFD
- Glide on front and back 3 m with assistance
- Water Smart messages

- Enter and Exit Shallow Water wearing PFD
- Jump into chest-deep water
- Submerge
- Submerge and exhale 3 times
- Float on front and back wearing a PFD or other buoyant aid
- Water Smart messages

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

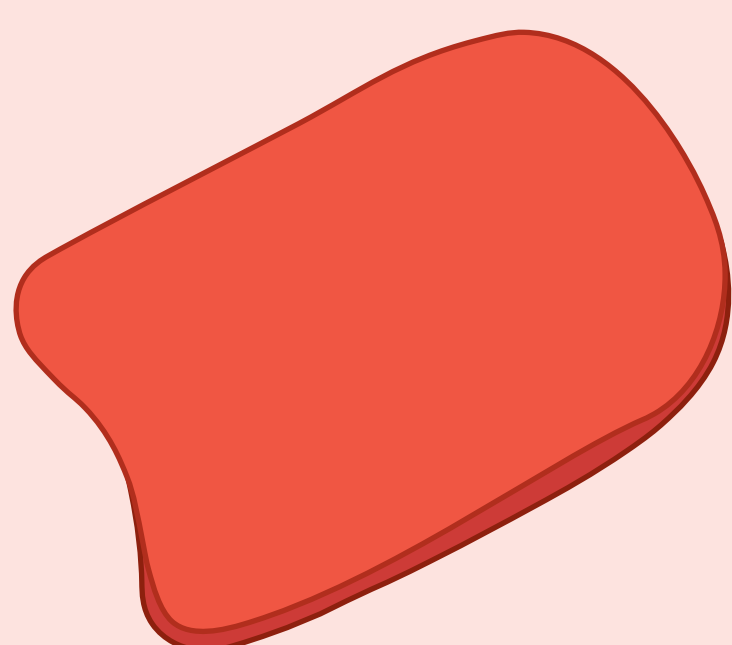


- Enter and Exit Shallow Water wearing PFD
- Jump into chest-deep water
- Hold breath underwater 3 sec.
- Submerge and exhale 5 times
- Recover object from bottom in waist-deep water
- Flutter kick on front and back 5 m

- Back float; roll to front; swim 3 m
- Float on front and back 5 sec. each
- Roll laterally front to back and back to front
- Glide on front and back 3 m
- Water Smart messages

- Jump into deep water, return and exit
- Sideways entry
- Tread water 10 sec. wearing PFD
- Open eyes underwater
- Recover object from bottom in chest-deep water
- Swim to survive skills with PFD

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



- Forward roll entry wearing PFD
- Tread water 10 sec.
- Submerge and hold breath 5 sec
- Recover object from bottom in chest-deep water
- Swim to survive skills with PFD

- Whip kick in vertical position 20 sec. with a PFD or buoyant aid
- Front and back crawl 5 m
- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
- Water Smart messages

Preschool levels no longer requires the parents assistance.
Once the child reaches seven years of age they should move to Swimmer 1.
If Preschool 5 is completed, the child should be registered for Swimmer 2.

