



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Preschool Swim Lesson Curriculum

### **Parent & Child (ages 6mos to 3 yrs)**

(into to water and water adjustment class, with parent or adult in pool with child)

Take a shower  
Hang on to side  
Water Adjustment  
Climb out of pool  
Stretch out – Front  
Stretch out – back  
Kicking on front  
Kicking on back  
Blow bubbles  
Hold breath  
Jump in with help  
Jump in without help  
Turn over  
Front float  
Back float  
Open eyes  
Paddle stroke  
Sing songs, play games and have fun!

### **Water Readiness (ages 3 up to 6yrs)**

Take a shower  
Hang on to side  
Enter and exit pool safely  
Stretch out – Front & Back  
Kicking on front & back  
Blow bubbles  
Hold breath  
Jump in with help  
Jump in without help  
Turn over  
Front float  
Back float  
Float and return to standing  
Open eyes  
Paddle stroke  
Have fun!

### **Pint Size (ages 3 up to 6yrs)**

Know 3 safety rules (No running, Look before you jump, No grabbing other swimmers, + go to the bathroom before entering pool)  
Jump in with or w/o help safely  
Put face into water  
Blow bubbles 5x in a row  
Back float (10 secs.)  
Front Float (10 secs. at least nose must be in the water)  
Paddle stroke 15 yards  
Finning on back w/ flutter kick 15 yards

\*All swimmers must need two or fewer float blocks for assistance in order to advance\*

### **Tot 1 (ages 3 up to 6yrs)**

Know 5 safety rules (Pint size rules, No food or gum while swimming and never swim alone)  
Jump in alone, no safety belt  
Bobbing 5x  
Rhythmic breathing on wall 5x  
Back float, no belt 15 seconds  
Front float, no belt 15 seconds (face in water)  
Jump in, paddle stroke 20 feet  
Jump in, turn over, back stroke 20 feet  
Paddle stroke, w/ good kick, no belt 15 yards  
Elem. back arms w/ flutter kick, no belt 15 yards

\* Must be free of float belt to advance. \*

### **Tot 2 (ages 3 up to 6yrs)**

Reaching and throwing assists  
Swim underwater 10 feet  
Tread water 30 seconds (must be vertical)  
Deep water confidence  
Sculling on back  
Front & back gliding (10 feet)  
Sitting & kneeling dive  
Rhythmic breathing w/ board 15 yards  
Front crawl 15 yards (good arms and legs, OK breathing)  
Back crawl 15 yards (straight arm recovery, good kick)

\*Passing swimmers ages 6 and older should go into Guppy\*

### **Tot 3 (ages 3 up to 6yrs)**

Activating E.M.S.  
Recovering ring off bottom of shallow end  
Tread water 1 minute  
Survival float 30 seconds  
Kneeling & standing dives  
Front crawl 25 yards (good arms & legs, good breathing)  
Back crawl 25 yards (straight arm recovery & good kick)  
Select, put on and use a PFD

\*Passing swimmers ages 6 and older should go into Guppy\*