

# Course: Preschool Aquatics Level 3

**Purpose**

To increase proficiency and build on the basic aquatic skills learned in Levels 1 and 2 by providing additional guided practice with increased distances and times

**Prerequisites**

Successfully demonstrate the exit skills assessments of Preschool Aquatics Level 2

**Learning Objectives**

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front and back
- Combined arm and leg actions on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

**Length**

No minimum number of hours suggested

**Instructor**

Currently authorized Water Safety (r.09) instructor

**Certification Requirements**

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
  2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
  3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)

**Certificate Issued and Validity Period**

Preschool Aquatics Level 3 – No validity period

**Participant Materials**

*Waddles in the Deep* (StayWell Stock No. 651317) (Recommended, but not required)