



# COURSE INFORMATION PAGE

## PRESCHOOL LEVELS 1-3

### AGES 3-5

We proudly offer the American Red Cross Preschool Aquatics program.

To find the right class to register your child for, please read through the pre requisite for each class and determine which level your child qualifies for. Minimum and maximum number of participants per class is listed as (min/max)

#### Preschool Level 1- Jellyfish (1/4)

Participant should be able to the following on the first day of class:



- Sit on the stairs with instructor without a parent in the area.
- Follow along with the instructor in a classroom setting.
- Follow directions from the instructor.

#### Preschool Level 2- Starfish (1/4)

Participant should be able to do the following with support on the first day of class:



- Enter water independently using ramp, step or side, travel at least 5 yards, submerge mouth and blow bubbles for 3 seconds then safely exit the water.
- Glide on front at least 2 body lengths, roll onto back and float for 3 seconds, then roll from back to a vertical position with support.

#### Preschool Level 3- Sea Horse (1/4)

Participant should be able to do the following with assistance on the first day of class:



- Glide on front at least 2 body lengths with assistance then roll onto back and float for 15 seconds, then roll from back to a vertical position.
- Glide on back for 2 body lengths, roll to front and then turn to a vertical position
- Swim using combined arm and leg actions on front for 3 body lengths, then roll to a back float for 15 seconds, roll to front and continue swimming for 3 body lengths.

#### Preschool Level 3 advanced- Octopus (1/4)

Participant should be able to do the following without support or assistance on the first day of class:



- Swim using combined arm and leg action on front for 10-15 yards with rotary breathing
- Swim using combined arm and leg action on back for 10-15 yards.
- Roll from a front glide to a back float for 15 seconds, turn over back to front and swim 4 body lengths to a wall.