

Swimming Lessons

Preschool Aquatics
Begin about 3 years old
40 minute Classes
Parent participation is NOT required

The purpose of this course is to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.

Children will learn the following objectives:

- Enter and exit water using ladder, steps, side and jumping in
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes and retrieve submerged objects
- Front and back glides and recover to vertical position
- Back float and recover to vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating simultaneous leg actions on front and back
- Alternating simultaneous arm actions on front and back
- Experience wearing a life jacket in the water
- Bobbing
- Finning arm action on back
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Combined leg and arm actions on front and back

