



SKILLS CHECKLIST

Preschool Aquatics Level 1

[Clear Form](#)

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water using ramp, steps or side											
Exit water using ladder, steps or side											
Blow bubbles, 3 seconds											
Submerge mouth, nose and eyes											
Open eyes underwater and retrieve submerged objects (in shallow water)											
Front glide, 2 body lengths											
Recover from a front glide to a vertical position											
Back glide, 2 body lengths											
Back float, 3 seconds											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											
Arm and hand treading actions (in chest-deep water)											

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Alternating leg action on front, 2 body lengths											
Simultaneous leg action on front, 2 body lengths											
Alternating arm action on front, 2 body lengths											
Simultaneous arm action on front, 2 body lengths											
Combined arm and leg actions on front, 2 body lengths											
Alternating leg action on back, 2 body lengths											
Simultaneous leg action on back, 2 body lengths											
Alternating arm action on back, 2 body lengths											
Simultaneous arm action on back, 2 body lengths											
Combined arm and leg actions on back, 2 body lengths											
Safety Topics											
Staying safe around water											
Recognizing the lifeguards											
Don't Just Pack It, Wear Your Jacket											
Recognizing an emergency											
How to call for help											
Too Much Sun Is No Fun											
Exit Skills Assessment*											
1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Children can walk, move along the gutter or "swim.")											
2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.											

* All Preschool Aquatics Level 1 skills can be performed with support.