



SKILLS CHECKLIST

Preschool Aquatics Level 3

[Clear Form](#)

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water by jumping in (in shoulder-deep water)											
Fully submerging and holding breath, 10 seconds											
Bobbing, 10 times (in chest-deep water)											
Rotary breathing, 5 times											
Front float, 10 seconds • Front float • Jellyfish float • Tuck float											
Recover from a front float or glide to a vertical position											
Back glide, 3 body lengths											
Back float, 15 seconds											
Recover from a back float or glide to a vertical position											
Change direction of travel while swimming on front or back											
Tread water, 30 seconds (in shoulder-deep water)											
Combined arm and leg actions on front, 5 body lengths											

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Finning arm action on back, 5 body lengths											
Combined arm and leg actions on back, 5 body lengths											
Safety Topics											
The danger of drains											
Don't Just Pack It, Wear Your Jacket											
Recognizing an emergency											
How to call for help											
Too Much Sun Is No Fun											
Look Before You Leap											
Think So You Don't Sink											
Reach or Throw, Don't Go											
Exit Skills Assessment*											
1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.											
2. Move into a back float for 15 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.											

* All Preschool Aquatics Level 3 skills are done independently.