Preschool 3/ Glider

Date:
Time:
Instructor:

Learner Outcomes													
Enters into activities enthusiastically													
Is happy in the water													
Safety Education and Awareness													
How and when to wear PFDs													
Introduction to boating safety													
Deep water awareness													
Accessing emergency response													
Entering and Exiting the Water													
Jumps into deep water with a PFD													
Jumps into deep water, assisted													
Introduction to sitting dive, assisted													
Breath Control													
Bobs 8 times in chest-deep water													
Introduction to deep water bobs, assisted													
Retrieves object in chest deep water, assisted													
Holds wall, kicks, face in water													
Floating and Surface Support													
Floats													
Introduction to deep water surface support													
Movement Through the Water													
Front swim with PFD, 15m in deep water													
Back swim with PFD, 15m in deep water													
Front glide, kick, in chest deep water, 3m													
Back glide													
Back glide, kick, in chest deep water, 3m													
Side glide with kick, both sides, assisted													
Front swim using arms and legs, 5m													
Back swim using arms and legs, 5m													

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