



# Preschool 5/ Surfer

Date:  
Time:  
Instructor:

## Learner Outcomes

Enters into activities enthusiastically

Is happy in the water

## Safety Education and Awareness

Introduction to ice safety

Introduction to HELP/huddle positions

Introduction to basic reaching assists

## Entering and Exiting the Water

Sitting/kneeling dive

Creative, safe, fun entries

## Breath Control

Kick, holding buoyant aid, side breathing

Retrieve object from deep water

## Floating and Surface Support

Surface support in deep water 30 seconds

## Movement Through the Water

Introduction to overarm recovery

Front swim with arm action and flutter kick,  
15m

Back swim with arm action and flutter kick,  
15m

Front swim 10m, roll over, back swim 10m

## Swim Skills

Front or back somersault in water