



# PRESCHOOL 3/ GLIDER

**Name:** \_\_\_\_\_

**Instructor Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Learner Outcomes

Enters into activities enthusiastically	
Is happy in the water	

## Safety Education & 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	

**Comments:**

**Next Level:** \_\_\_\_\_