

Preschool Level 1 Parent/Child Practice

- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front glide with support: Push off the wall like a superhero
- Recover from a front float or glide to a vertical position
- Back glide with support: Push off the wall like a superhero, but on your back
- Recover from a back float or glide to a vertical position
- While floating, roll from front to back
- While floating, roll from back to front
- Tread water using arm and leg actions with support
- Practice swimming arms & legs on front (similar to front crawl or breaststroke) with assistance.
- Practice swimming arms & legs on back (similar to back crawl or elementary backstroke) with assistance.