

Preschool Level 2 Parent/Child Practice

- Bobbing
- Front Float
- Jellyfish Float
- Tuck Float
- Recover from a front float or glide to a vertical position
- Fully submerging and holding breath
- Rotary breathing: turning head to the side to breath while standing
- Back glide
- Back float
- Practice swimming arms & legs on front (similar to front crawl or breaststroke) with assistance.
- Change direction of travel while swimming on front
- Practice swimming arms & legs on back (similar to back crawl or elementary backstroke) with assistance.
- Change direction of travel while swimming on back