

# Pre-School Stations and Skills

1



## "SPLASHERS"

- Water Adaption \_\_\_\_\_
- Get in Pool by self \_\_\_\_\_
- Get out of Pool by self \_\_\_\_\_
- Flutter kick holding wall \_\_\_\_\_
- Adjustment to coach \_\_\_\_\_

2



## "BUBBLERS"

- Go underwater by self \_\_\_\_\_
- Open eyes under water \_\_\_\_\_
- Hold breath and blow out (deck) \_\_\_\_\_
- Blow Bubbles in water \_\_\_\_\_

3



## "KICKERS"

- Sit/fall/kick to wall \_\_\_\_\_
- Tread water \_\_\_\_\_
- Kick across pool prone \_\_\_\_\_
- Kick across pool on back \_\_\_\_\_

4



## "ROLL OVER, FLOAT, YELL FOR HELP!"

- Jump into water unassisted \_\_\_\_\_
- Surface and roll to back \_\_\_\_\_
- Yell for "help!" \_\_\_\_\_
- Maintain back float for 30 seconds \_\_\_\_\_

5



## "CRAWLERS"

- Prone movement with arms underwater \_\_\_\_\_
- Breathe to the front \_\_\_\_\_
- Backstroke arm movement, recovery \_\_\_\_\_

6



## "FROGS"

- Breaststroke Kick movement \_\_\_\_\_
- Breaststroke Arm movement \_\_\_\_\_
- Modified crawl - 20 feet \_\_\_\_\_
- Backstroke - 20 feet \_\_\_\_\_

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## "DOLPHINS"

- Dolphin kick \_\_\_\_\_
- Dolphin kick with 1 arm stroke \_\_\_\_\_
- Dolphin kick with 2 arm strokes \_\_\_\_\_
- Crawl - with out of water arm recovery \_\_\_\_\_
- Breaststroke - 20 feet \_\_\_\_\_

8



## "STARFISH"

- Crawl - with side breathing \_\_\_\_\_
- Backstroke - 50 feet \_\_\_\_\_
- Breaststroke - 50 feet \_\_\_\_\_
- Butterfly - 50 feet \_\_\_\_\_

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## "DIVERS"

(In 5 feet of water or more, pre-school)

- Sitting dive \_\_\_\_\_
- Kneeling dive \_\_\_\_\_
- Standing dive \_\_\_\_\_



10

## "SWIMMERS"

- Crawl- 6 laps with side breathing and dive \_\_\_\_\_
- Backstroke - 6 laps \_\_\_\_\_
- Breaststroke- 4 laps \_\_\_\_\_
- Butterfly- 4 laps \_\_\_\_\_
- (All of the above without stopping) \_\_\_\_\_
- Flip turns \_\_\_\_\_
- Streamline on push off of wall \_\_\_\_\_

