# **Pre-School Stations and Skills**



#### "SPLASHERS"

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



#### **"BUBBLERS"**

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



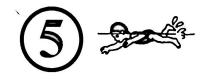
#### **"KICKERS"**

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



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

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



# "CRAWLERS"

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



**"FROGS"** 

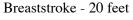
Breaststroke Kick movement Breaststroke Arm movement Modified crawl - 20 feet Backstroke - 20 feet



# **"DOLPHINS"**

#### Dolphin kick

- Dolphin kick with 1 arm stroke
- Dolphin kick with 2 arm strokes
- Crawl with out of water arm
  - recovery





# **"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



Craw ar Back Breas Butte

# **"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



NOTE: All skills can be taught with or without PFD's, but graduation from each station is accomplished without PFD's.