



We are excited to announce that Prairie Township Community Center will offer the **American Red Cross Learn to Swim Program**.

Below is the **placement guide** for the Preschool swim lesson program:

Pre-School Swim Classes: Children are in the water with an instructor (no parents).

Preschool Level 1: (Ages 3–5 years)

Learning Objectives:

- Enter water using ramp, steps or side.
- Exit water using ladder, steps or side.
- Blow bubbles
- 3 seconds Submerge mouth, nose and eyes.
- Open eyes underwater and retrieve submerged objects (in shallow water)
- Front glide, 2 body lengths recover from a front glide to a vertical position.
- Back glide, 2 body lengths.
- Back float, 3 seconds.
- Recover from a back float or glide to a vertical position Roll from front to back.
- Roll from back to front Arm and hand treading actions (in chest-deep water).
- Alternating leg action on front, 2 body lengths.
- Simultaneous leg action on front, 2 body lengths.
- Alternating arm action on front, 2 body lengths.
- Simultaneous arm action on front, 2 body lengths.
- Combined arm and leg actions on front, 2 body lengths.
- Alternating leg action on back, 2 body lengths.
- Simultaneous leg action on back, 2 body lengths.
- Alternating arm action on back, 2 body lengths.
- Simultaneous arm action on back, 2 body lengths.
- Combined arm and leg actions on back, 2 body lengths.

Exit Skills Assessment:

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.
- Is able to complete 3 bobs repeatedly successfully submerging all the way under the water.
- While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Preschool Level 2: (Ages 3–5 years)

Learning Objectives:

- Enter water by stepping in from the deck or low height (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects (in chest-deep water)
- Front glide, 2 body lengths
- Front float, 3 seconds
- Recover from a front float or glide to a vertical position (in chest-deep water)
- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back Roll from back to front
- Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 3 body lengths
- Finning arm action on back, 3 body lengths
- Combined arm and leg actions on back, 3 body lengths

Exit Skills Assessment:

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. (No Assistance)
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. (No Assistance)
3. Swim using combined arm and leg actions on front for 3 to 5 body lengths, roll to back, float for 15 seconds, then continue swimming on back for 3 to 5 body lengths. (No Assistance)

Preschool Level 3: (Ages 3–5 years)

Learning Objectives:

- Enter water by jumping in (in shoulder-deep water)
- Fully submerging and holding breath, 10 seconds
- Bobbing, 10 times (in chest-deep water)
- Rotary breathing, 5 times
- Front float, 10 seconds
- Front float

- Jellyfish float
- Tuck float Recover from a front float or glide to a vertical position
- Back glide, 3 body lengths
- Back float, 15 seconds Recover from a back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water, 30 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

Exit Skills Assessment:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

* All Preschool Level 3 skills are done independently with no assistance from the instructor.