

VCU Recreational Sports Preschool Aquatic Descriptions

Children will need to change classes if placed in the incorrect level.

For children ages 3 – 5 years -

Preschool Aquatics Level 1:

There are no prerequisites for preschool level 1.

Children will learn to enter and exit water using ladder, steps, or side. Blow bubbles through mouth and nose, submerge mouth nose and eyes, and open eyes under water to retrieve submerged objects. Gliding and floating on front and back and returning to a vertical position. Tread water with arm and hand actions. Use alternating and simultaneous arm actions on front and back. Use alternating and simultaneous leg actions on front and back.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). This is important because children should know what to do if they fall into a pool. Learn how to stay safe by knowing how to recognize an emergency and calling for help. Safety on and around the water including: life jackets, recognizing lifeguards and sun safety.

Exit Skills:

1. Enter independently, using either the ladder, steps or side, travel at least 2 yards, submerge to mouth and low bubbles for at least 3 seconds then safely exit the water. (Children can, walk, move along the gutter, or “swim” with their instructor)
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float for 3 seconds then recover to a vertical position with assistance from instructor.

Preschool Aquatics Level 2:

The prerequisite for preschool aquatics level 2 is successfully demonstrating the exit skills for preschool aquatics level 1 and the purpose of this class is to build on those skills.

Students will enter water by stepping in and exit using ladder, steps, or side. Children will learn to do “bobs” and open eyes under water to retrieve submerged objects. Continue floats and glides on front and back and returning to a vertical position. Tread water using arms and legs. Use combined arm and leg actions on front and back.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). This is important because children should know what to do if they fall into a pool. Learn how to stay safe by knowing how to recognize an emergency and calling for help. Safety on and around the water including: life jackets, recognizing lifeguards and sun safety.

Exit Skills:

1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths with no assistance from instructor.

Preschool Aquatics Level 3:

The prerequisite for aquatics level 3 is successfully demonstrating the exit skills for preschool aquatics level 2 and the purpose of this class is to increase proficiency and build on the basic skills learned in levels 1 and 2.

Children will enter the water by jumping in. Fully submerge while blowing bubbles. Recover from a front or back float or glide to a vertical position. Practice combined arm and leg actions and change direction of travel while swimming on front and back. Tread water using combined arm and leg actions.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). This is important because children should know what to do if they fall into a pool. Learn how to stay safe by knowing how to recognize an emergency and calling for help. Safety on and around the water including: life jackets, recognizing lifeguards and sun safety.

Exit Skills:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 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.