**Preschool: Parent/Child Aquatics:**

Gives young children ages 3 and 4 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts.  Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Sessions are two weeks long.

**Cost:  $22/City,  $33/Non-city**

**Skills Assessment:**

* Enter water by jumping in
* Fully submerging and holding breath, 5 seconds
* Bobbing, 5 times (in chest-deep water)
* Front float, 5 seconds
* Jellyfish float, 5 seconds
* Tuck float, 5 seconds
* Recover from a front float or glide to a vertical position
* Back float, 15 seconds
* Back glide, 2 body lengths
* Recover from a back float or glide to a vertical position
* Change direction of travel while swimming on front or back
* Treading using arm and leg actions, 15 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:**

* **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**
* **Move into a back float for 5 seconds, roll to front, and then recover to a vertical position.**
* **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, and then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)**