

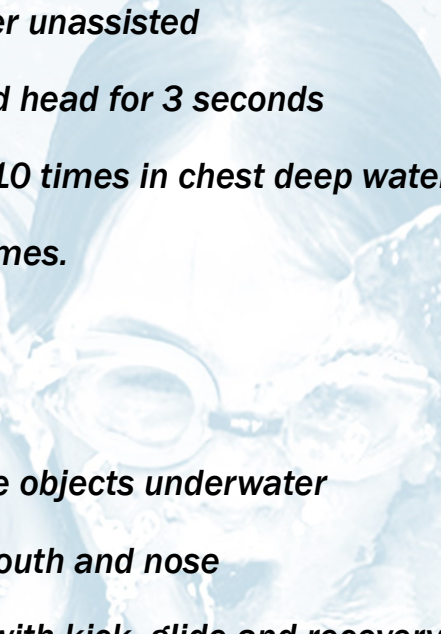
# **Nevada Parks and Recreation**

## **Group Swim Lesson Program**

### **Pre-School Water Exploration**

### **4&5 Year Olds**

*Level 1 & 2 - Participants take 2 years or Until 6 Years Old*

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- 1. Enter and exit the water unassisted*
  - 2. Submerge the face and head for 3 seconds*
  - 3. Bounce up and down 10 times in chest deep water*
  - 4. Bob to chin level 10 times.*
  - 5. Supported front float*
  - 6. Supported back float*
  - 7. Open eyes and retrieve objects underwater*
  - 8. Blow bubbles using mouth and nose*
  - 9. Supported front float with kick, glide and recovery./glide with recovery.*
  - 10. Supported back float with kick, glide and recovery./glide with recovery.*
  - 11. Treading water*
  - 12. Combined arm and leg actions front and back*
  - 13. Introduction to rhythmic breathing*
  - 14. Safety Skills*



CITY OF NEVADA  
**PARKS &  
RECREATION**