

Pre-School Stations and Skills

1



"SPLASHERS"

- Water adaptation _____
- Get in Pool by self _____
- Get out of Pool by self _____
- Flutter kick holding wall _____
- Adjustment to coach _____
- Reaching assists _____
- Use of Personal Flotation Devices _____
- Throwing floating objects _____

2



"BUBBLERS"

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

3



"KICKERS"

- Sit/fall/kick back to wall _____
- Tread water _____
- Kick across pool prone _____
- Kick across pool on back _____
- Kick with arms extended _____

4



"ROLL OVER, FLOAT, YELL FOR HELP!"

- Jump into water unassisted _____
- Surface and roll to back _____
- Yell for "help!" _____
- Maintain back float for 30 seconds _____
- Prone float and kick _____
- Back float and kick _____

5



"CRAWLERS"

- Prone movement with arms _____
- underwater _____
- Breathe to the front _____
- Standing up, return to side _____
- Backstroke arm movement, recovery _____

6



"FROGS"

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

7



"DOLPHINS"

- Dolphin kick _____
- Dolphin kick with 1 arm stroke _____
- Dolphin kick with 2 arm strokes _____
- Crawl - with out of water arm _____
- recovery _____
- Breaststroke - 20 feet _____

8



"STARFISH"

- Crawl - with out of water recovery _____
- Crawl - with side breathing _____
- Backstroke - 50 feet _____
- Breaststroke - 50 feet _____
- Butterfly - 20 feet 2 arms _____

9

"DIVERS"

- (in 5 feet of water or more, pre-school)
- Sitting dive _____
- Kneeling dive _____
- Standing dive _____



10

"SWIMMERS"

- Crawl - 25 yards with breathing _____
- and dive _____
- Backstroke - 25 yard _____
- Breaststroke - 25 yards _____
- Butterfly - 50 feet _____
- Somersault or shoulder roll in _____
- water by wall _____
- 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.