



Contact Si View Pool staff with questions:
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Preschool Program Guidelines

The preschool program classes are for ages 3-6 (student must turn 3 prior to end of session). After reviewing the skills covered for the course level, select a class on the conservative side of the student's skills. It is preferable that they succeed in the appropriate class rather than struggle in one that is difficult. Students will progress through levels at different speeds depending on age, physical coordination, practice outside of class, etc. In most cases, completing a swim level takes 2-3 sessions. All children not fully potty trained must wear a swim diaper with a plastic diaper cover.

Preschool 1 (Pre 1)

Preschool 1 classes do not go in the deep end of the pool. For students aging out of the preschool program PRE 1 is equivalent to Youth 1.

SKILLS TAUGHT: Blowing bubbles; humming; submerging whole head; buoyancy (assisted front float for 5 to 10 seconds); assisted back float 10 seconds; propulsion (kicking with face out of water then face in the water assisted and unassisted); Students must be comfortable submerging completely under water before advancing to Pre 2.

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Preschool 1: Skills Required to Pass

Component	Bobs	Front float w/ assistance	Kicking on front w/ assistance	Back float w/ assistance
Breathing & Timing	They need to be exchanging air; bubbles under water and take a breath when they come up; they need to do this 3 times in a row to pass	Blowing bubbles, face in the water for 3 seconds	Blowing bubbles	N/A
Head & Body Position	Forehead should be pointed towards floor; They should also be able to leave their face in the water for 3 seconds	Forehead pointed down to the floor; face in water	Forehead down in the water; (When using barbells, have them stretch arms out in front and put face in). They can also practice this skill on the mat	Head is relaxed – nose pointed up at ceiling; body should be lying in a flat position. Student MUST be comfortable lying on their back for 3 seconds; teaching students the roll over recovery to their front
Legs	N/A	Long legs stretched out in back; push hips up, legs up	Legs should be kicking at or near the surface; bent leg is OK	Longs legs
Arms	N/A	Long arms stretched out in front; should be able to reach for the wall-stairs-platform on their own	Stretched out in front	Can either be out to their sides or down by their legs; do not let them grab you

Preschool 2 (Pre 2)

For students aging out of the preschool program Pre 2 is equivalent to Youth 1.

Preschool 2 classes are introduced to deep water. Students get acclimated to the deep end going short distances with kicking on front and back; learn to jump in and roll over onto their back for recovery.

SKILLS TAUGHT: Humming; submersion; buoyancy (front and back floating unassisted); front glides and back glides unassisted; rolling over (front float to back float / back to front comfortably) unassisted; propulsion (kicking on front and back) w/out support; Students must excel on front skills, back skills and must be comfortable rolling from front to back and back to front without making contact with the pool floor to advance to Pre 3.

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Preschool 2: Skills Required to Pass

Component	Kicking on front	Back float	Kicking on back	Roll over recovery
Breathing & Timing	Blowing bubbles	They need to do a roll-over to front recovery unassisted	They need to do a rollover to front recovery unassisted	Bubbles when face is in water, take a breath when they roll over
Head & Body Position	Forehead should be pointed at floor; This helps to leave their legs up at the surface	Nose pointed up at ceiling, belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	Nose pointed up at ceiling; belly up and hips up; position them at the wall – belly on wall, ears back in the water. As they leave the wall, DO NOT allow them to push off with their legs, this causes them to go underwater. They should be able to float independently for 3 seconds	When on front, forehead should be pointed down to the floor; When on back, nose should be pointed up at the ceiling. Body should be in a “flat position” at or near the surface; They need to do the roll at least once to pass to Pre 3
Legs	Legs should be kicking at or near the surface; should be mostly straight, but a bent leg is OK	Long legs stretched out in front; push hips up	Legs should be kicking at or near the surface; bent leg is OK	Should be kicking the entire time; bent leg is OK; legs should be at or near surface
Arms	Stretched out in front	Should be down by their legs	Stretched out in front	N/A; they can use them to help spin them around

Preschool 3 (Pre 3)

For students aging out of the preschool program Pre 3 is equivalent to Youth 2.

SKILLS TAUGHT: Main focus in this level is breathing (front glide w/ rolling over, intro to side breathing - letter "L" position for the width of pool); intro to crawl stroke and back stroke; intro to elementary back stroke (arms only for the width of pool); Students must excel in tall arms with rolling over to breathe to advance to Pre 4.

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Preschool 3: Skills Required to Pass

Name	Tall arms w/ "L" breathing; slight roll to back is OK	Kicking on back	Backstroke	Elementary backstroke – Intro to	Intro to Dolphin kick
Breathing and Timing	Bubbles underwater, take a breath at each turn	Exchanging air	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head
Head and body position	Forehead down; slight roll to back when breathing is OK	Hips up; head relaxed in water	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward
Legs	Legs provide supportive kick	Propulsive; kick at or near surface; teach to flex feet	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out	Together; follow motion of head
Arms	Arms remain in L position when taking a breath	N/A	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders	N/A

Preschool 4 (Pre 4)

For students aging out of the preschool program Pre 4 is equivalent to Youth 2.

SKILLS TAUGHT: Crawl stroke; side breathing, kicking, arms and coordination; back stroke; elementary back stroke; intro to dolphin kick and breast stroke kick, pike and surface dives, standing dives and intro treading water. Students that excel in crawl and back stroke will advance to Pre 5 or Youth 3.

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Preschool 4: Skills Required to Pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Intro to Dolphin kick	Intro to Breaststroke kick and breathing
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	“breath- kick-breath-kick”; remind students it is one breath per stroke
Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	Arms remain in L position when taking a breath; arms consistent with water exit; long arms	Touch leg, reach up for ceiling, brush ear; long arms	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	N/A	N/A

Preschool 5 (Pre 5)

For students aging out of the preschool program Pre 5 is equivalent to Youth 3 or 4 depending on the strength of the swimmer.

SKILLS TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to Youth 5 or swim team.

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Preschool 5: Skills Required to Pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3 rd stroke	Exchanging air	Exchanging air; when putting arms and legs together, tell kids that the feet follow the hands	Bubbles underwater, breath when lifting head	1 breath per stroke; pull and breath – kick and glide; the glide is the most often forgotten
Head and body position	Forehead down; ear in water; no rolling onto back; slight body roll	Hips up; head relaxed in water	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops; chin down to neck, scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at surface; flex (flipper) feet	Heels to their back; knees stay in middle – feet flex out – long legs push together	Together; follow motion of head	Knees bend to floor – (hips push down); Feet flex out – knees stay towards middle – feet grab water and legs push together straight
Arms	High elbows; roll shoulders	Touch leg, reach up for ceiling, brush ear; long arms; roll shoulders	Tickle, T, Push; hands do not go past shoulders. Long arms out on the T, strong push down to the legs	Arm circles; pull down to legs – reach out to the front	Hands draw a circle around the head; scoop bowl of ice cream – hands go together and reach forward