



**City of Greenfield Parks & Recreation  
AMERICAN RED CROSS AQUATICS PROGRAM  
Preschool Level 1: STARFISH**

Swimmer's First Name: \_\_\_\_\_

Swimmer's Last Name: \_\_\_\_\_

Year: \_\_\_\_\_ Rec Trac Course #: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

**KEY**  
 P = Pass  
 F = Fail  
 NW = Needs Work  
 N/A = Not Applicable

| <b>SWIM SKILLS</b><br>All Skills Done with Instructor Support |  |
|---|--|
| Enter/Exit independently                                      |  |
| Move through water comfortably                                |  |
| Jump into shallow water                                       |  |
| Fully submerge face   |  |
| Underwater bubble blowing (3 seconds)                         |  |
| Experience buoyancy (1 bob)                                   |  |
| Pick up object underwater at arm's length                     |  |
| Front float with recovery to vertical (3 seconds)             |  |
| Back float with recovery to vertical (3 seconds)              |  |
| Intro to front glide  |  |
| Intro to back glide   |  |
| Alternating and simultaneous leg action on front (1 width)    |  |
| Alternating and simultaneous leg action on back (1 width)     |  |
| Alternating and simultaneous arm action on front              |  |
| Alternating and simultaneous arm action on back               |  |
| Combined arm and leg action on front with assistance          |  |
| Combined arm and leg action on back with assistance           |  |
| Introduction to treading in chest-deep water                  |  |
| Roll from front to back and back to front                     |  |

| <b>PUTTING IT TOGETHER</b>  |  |
|---|--|
| Enter unassisted, move 5 yards, bob, and safely exit the water. (Participants can walk, travel along the gutter, or "swim") |  |
| Front glide for 2 body lengths, roll to back with assistance, float on back with support for 3 seconds, and recover         |  |

| <b>PERSONAL SAFETY AND RESCUE SKILLS</b> |  |
|--|--|
| Review pool rules                        |  |
| Discuss ways to get help                 |  |
| Reaching assists                         |  |
| Use of PFD's                             |  |
| Too much sun is no fun                   |  |

**INSTRUCTOR COMMENTS:**

Next level to enroll in:

