



**City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Preschool Level 3: GOLDFISH**

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

SWIM SKILLS	
Jump into deep water	
Rhythmic breathing (15 bobs)	
Pick up objects from bottom 3 times (water over their head)	
Front float with recovery to vertical (10 seconds)	
Unsupported jellyfish float (10 seconds)	
Unsupported tuck float (10 seconds)	
Front glide with recovery to vertical	
Back float with recovery to vertical (15 seconds)	
Back glide with recovery to vertical	
Flutter kick on front (1 width)	
Flutter kick on back (1 width)	
Combined arm and leg action on front without assistance (1 width)	
Combined arm and leg action on back without assistance (1 width)	
Change direction while swimming on front and back	
Introduction to rotary breathing (5 times)	
Finning arm action on back	
Treading water in deep end (30 seconds)	

INSTRUCTOR COMMENTS:

PUTTING IT TOGETHER	
Step from side to chest deep water, tread or float for 15 seconds, swim on front or back for 1 width then exit pool	
Back float for 15 seconds, roll to front, and recover to vertical	
Push off and swim using combination of arm and leg action on front for 1 width, roll to back, back float for 15 seconds, roll to front and swim back on front 1 width	

PERSONAL SAFETY AND RESCUE SKILLS	
Review pool rules	
Discuss ways to get help	
Reaching and extension assists	
Floating with life jackets/PFD's in deep water	
The dangers of drains	
Too much sun is no fun	
Look before you leap	
Think so you don't sink	

Next level to enroll in:

When this level is complete go to a Level 3. If swimmer is too old to continue in Goldfish they should be placed in a Level 2

