

Carman Dufferin Pool

Preschool and Level 1 Comparison

Preschool

Fitness Activities

- Play and Songs
- Kick on Front with Buoyant Object 1m
 - Distance Swim 1m (Assisted)
- Skills and Water Safety
- Facility/Site Orientation and Active Supervision
 - Stop! Look! Ask! (Find the adult)
 - Safe Entries and Exits
 - PFD/Lifejacket and Me (Assisted)

Swimming

- Open Eyes Underwater (Attempted)
 - Rhythmic Breathing 3 times
- Front Float and Recovery 3 sec (Assisted)
 - Back Float and Recovery (Assisted)
 - Front Glide 3 sec
 - Back Glide 3 sec (Assisted)
 - Front Swim, 1m (Assisted)

Age Requirement : Must be 3 by August 31, 2021
Summer 2021 – Caregiver Required in Water

Level 1

Fitness Activities

- Flutter Kick 5m (Assisted)
 - Distance Swim 5m
- Skills and Water Safety
 - Facility/Site Orientation
 - Supervision
- Shallow Water Entries and Exits
 - Submerging Head
- Exhale Through Mouth or Nose

Swimming

- Rhythmic Breathing 5 Times
- Front Float and Recovery 3s
 - Front Glide 5s
 - Front Glide with Kick 5m
- Back Float and Recovery 3s
 - Back Glide 5s
- Roll-Over Glide 5s (Assisted)
 - Front Swim 5m

Age Requirement: Must be 5 by December 31, 2021