

River Valley Athletic Club
Preschool Swimming Program
Sue Baldwin & Lisa Moriarty, W.S.I. Instructors

	Parent/Child	Preschool 2	Preschool 3
For Whom	Children 6 mo- 5years	Children 3 years - 5 years	Children 4 & 5 year olds
Ready for the Class	any child who needs swimming orientation	<ul style="list-style-type: none"> ▪ put their head under water ▪ able to separate from parents 	swim independently half way across the pool
What we will teach	<ul style="list-style-type: none"> ▪ water safety ▪ water play with parents <ul style="list-style-type: none"> ▪ getting head wet ▪ kicking/arms 	<ul style="list-style-type: none"> ▪ water safety ▪ kicking/arms ▪ head submersion ▪ basic swimming <ul style="list-style-type: none"> ▪ back float 	<ul style="list-style-type: none"> ▪ water safety ▪ swimming w/breathing <ul style="list-style-type: none"> ▪ treading water ▪ swimming on back ▪ diving for objects