



Preschool Level 1

Level 1 Preschool Swim

This is my record of Swimming Knowledge:

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|----------------------------|----------------------------|------------------------------|-------------------------------|---|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |
| Safe Water Entry/Exit | Blowing Bubbles | Face In, Eyes Open or Closed | Dunkaroo's - cue & goes under | | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Retrieving Underwater Toys | Assisted Front/Back Floats | Kicking with Support | Reach for the Wall | Assisted Ice Cream Scoops | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jumps & Recovery | Front & Back Glide | Supported Front Crawl | Supported Back Crawl | Supported & Unsupported Roll Front/Back | Water Safety |

