



SKILLS CHECKLIST

Learn-to-Swim Level 3

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Enter water by jumping from the side (into deep water)
Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
Bobbing while moving toward safety, 5 times (in chest-deep water)
Rotary breathing, 10 times
Survival float on front, 30 seconds (in deep water)
Back float, 30 seconds (in deep water)
Change from vertical to horizontal position on front (in deep water)
Change from vertical to horizontal position on back (in deep water)
Tread water, 30 seconds (in deep water)
Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
Front crawl, 15 yards
Elementary backstroke, 15 yards
Scissors kick, 10 yards

Safety Topics

Reach or Throw, Don't Go
Think Twice Before Going Near Cold
Water or Ice
Look Before You Leap

Exit Skills Assessment

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.



SKILLS CHECKLIST

Learn-to-Swim Level 4

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Headfirst entry from the side in a compact position (in water at least 9 feet deep)
Headfirst entry from the side in a stride position (in water at least 9 feet deep)
Swim under water, 3–5 body lengths
Feetfirst surface dive, submerging completely
Survival swimming, 30 seconds (in deep water)
Front crawl open turn
Backstroke open turn
Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
Front crawl, 25 yards
Breaststroke, 15 yards
Butterfly, 15 yards
Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
Elementary backstroke, 25 yards
Back crawl, 15 yards
Sidestroke, 15 yards

Safety Topics

Reach or Throw, Don't Go (reaching assist, throwing assist)
Recreational water illnesses
Think So You Don't Sink
Look Before You Leap

Exit Skills Assessment

1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.