

Stroke Development

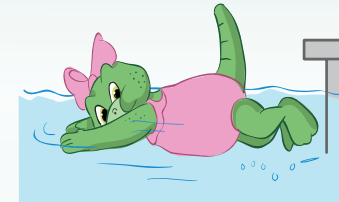
LEVEL 3



- Jump into deep water from the side
- Head-first entry from the side in a sitting or kneeling position



- Submerge and retrieve an object, 3 seconds
- Perform bobs with the head fully submerged, 5 times
- Perform rotary breathing with the body in a horizontal position, 5 times



- Front glide—kick one, 2 body lengths
- Front glide—kick two, 2 body lengths
- Survival float, 30 seconds
- Back glide—kick one, 2 body lengths
- Back glide—kick two, 2 body lengths
- Back float, 30 seconds



- 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



- Front crawl, 15 yards
- Butterfly—kick and body motion, 15 feet



- General water safety rules
- Wearing a life jacket, enter the water using ladder, steps or side
- HELP position, 1 minute
- Huddle position, 1 minute
- Perform reaching assist
- Check-Call-Care



- Back crawl, 15 yards

My Name: _____

My Instructor: _____

Date: _____

Location: _____

Exit Skills Assessment

- 1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.