

# LEARN TO SWIM

## Level 3 - Stroke Development

Instructor: \_\_\_\_\_

Swimmer: \_\_\_\_\_

<b>SKILLS</b>	Pass	Needs Improvement
Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side		
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, 15 times (in chest-deep water)		
Rotary breathing, 15 times		
Survival float on front, 30 seconds (in deep water)		
Back float, 1 minute (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)		
While in a vertical position, rotate 1 full turn (in deep water)		
Tread water, 1 minute (in deep water)		
Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths		
Push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths		
Front crawl, 15 yards		
Breaststroke kick, 15 yards		
Elementary backstroke, 15 yards		
Scissors kick, 15 yards		

<b>EXIT SKILLS ASSESSMENT</b>	Pass	Needs Improvement
1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.		
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.		

- COMMENTS -

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