

LEARN TO SWIM

Level 4 - Stroke Improvement

Instructor: _____

Swimmer: _____

SKILLS	Pass	Needs Improvement
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 underwater, 3 to 5 body lengths (without hyperventilating)		
Feetfirst surface dive, submerging completely		
Survival swimming, 1 minute (in deep water)		
Front crawl open turn		
Back crawl 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 to 5 body lengths		
Push off in a streamlined position on back and begin dolphin kicking, 3 to 5 body lengths		
Elementary backstroke, 25 yards		
Back crawl, 15 yards		
Sidestroke, 15 yards		

EXIT SKILLS ASSESSMENT	Pass	Needs Improvement
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.		
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.		

- COMMENTS -
