

Outlines for Learn-to-Swim Levels

Level 3—Stroke Development

Equipment	
<ul style="list-style-type: none"> ■ U.S. Coast Guard–approved life jackets (correct sizes for the students) ■ Kickboards or other flotation devices for drills ■ Equipment for reaching assists (reaching pole, rescue tube, kickboard) 	
Skill	Completion Requirement
<p>Water Entry and Exit</p> <p>Jump into deep water from the side</p> <p>Head-first entry from the side in a sitting or kneeling position</p>	<p>Demonstrate, without flotation, into deep water</p> <p>Demonstrate, in water at least 9 feet deep</p>
<p>Breath Control and Underwater Swimming</p> <p>Submerge and retrieve an object</p> <p>Bobs with the head fully submerged</p> <p>Rotary breathing with the body in a horizontal position</p>	<p>Demonstrate, at least 3 seconds, in chest-deep water, independently</p> <p>Demonstrate, at least 5 times, in chest-deep water</p> <p>Demonstrate, at least 5 times</p>
<p>Buoyancy on Front</p> <p>Front glide using two different kicks</p> <p>Survival float</p>	<p>Demonstrate, at least 2 body lengths</p> <p>Demonstrate, at least 30 seconds, in deep water</p>
<p>Buoyancy on Back</p> <p>Back glide using two different kicks</p> <p>Back float</p>	<p>Demonstrate, at least 2 body lengths</p> <p>Demonstrate, at least 30 seconds, in deep water</p>
<p>Changing Direction and Position</p> <p>Change from vertical to horizontal position on front</p> <p>Change from vertical to horizontal position on back</p>	<p>Demonstrate, in deep water</p> <p>Demonstrate, in deep water</p>
<p>Treading</p> <p>Tread water</p>	<p>Demonstrate, 30 seconds, in deep water</p>
<p>Swim on Front</p> <p>Front crawl</p> <p>Butterfly—kick and body motion</p>	<p>Demonstrate, at least 15 yards</p> <p>Demonstrate, at least 15 feet</p>
<p>Swim on Back</p> <p>Back crawl</p>	<p>Demonstrate, at least 15 yards</p>

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Skill	Completion Requirement
<p>General and Personal Water Safety</p> <p>General water safety rules:</p> <ul style="list-style-type: none"> ■ Think so you don't sink. ■ Reach or throw, don't go. <p>Rules for safe diving:</p> <ul style="list-style-type: none"> ■ Learn how to dive properly from a qualified instructor. ■ Obey all posted rules and "no diving" signs. ■ Never dive in shallow water or into above-ground pools. <p>Wearing a life jacket, enter the water using ladder, steps or side</p> <p>HELP position</p> <p>Huddle position</p>	<p>Discuss</p> <p>Discuss</p> <p>Demonstrate, independently</p> <p>Demonstrate, at least 1 minute</p> <p>Demonstrate, at least 1 minute</p>
<p>Helping Others</p> <p>Reaching assist</p> <p>Check-Call-Care</p>	<p>Demonstrate</p> <p>Discuss</p>
<p>Exit Skills Assessment</p> <p>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.</p>	