

Level 4—Stroke Improvement

Equipment	
<ul style="list-style-type: none"> ■ U.S. Coast Guard–approved life jackets (correct sizes for the students) ■ Kickboards or similar flotation devices for drills ■ Equipment for throwing assists (ring buoy, throw bag) 	
Skill	Completion Requirement
Water Entry and Exit Dive from side in a compact or stride position	Demonstrate, in water at least 9 feet deep
Breath Control and Underwater Swimming Swim underwater (no hyperventilation) Feet-first surface dive	Demonstrate, at least 3 body lengths Demonstrate, submerging completely
Buoyancy on Front Survival float	Demonstrate, at least 1 minute, in deep water
Buoyancy on Back Back float	Demonstrate, at least 1 minute, in deep water
Changing Direction and Position Open turn using any stroke on front and push off in streamlined position Open turn using any stroke on back and push off in streamlined position	Demonstrate, then glide at least 2 body lengths before stroking Demonstrate, then glide at least 2 body lengths before stroking
Treading Tread water using modified scissors, breaststroke or rotary kick and sculling arm motions	Demonstrate, at least 1 minute
Swim on Front Front crawl Breaststroke Butterfly	Demonstrate, at least 25 yards Demonstrate, at least 15 yards Demonstrate, at least 15 yards
Swim on Back Back crawl Elementary backstroke	Demonstrate, at least 25 yards Demonstrate, at least 15 yards

Outlines for Learn-to-Swim Levels

Skill	Completion Requirement
Swim on Side Swim on side with scissors kick	Demonstrate, at least 15 yards, with or without support
General and Personal Water Safety Additional rules for safe diving Compact jump into the water from a height while wearing a life jacket	Discuss Demonstrate, in water at least 5 feet deep
Helping Others Throwing assist Care for conscious choking victim	Demonstrate Demonstrate
Exit Skills Assessment 1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.	