

Stroke Improvement

LEVEL 4



- Dive from side in a compact or stride position



- Swim underwater, 3 body lengths
- Perform a feet-first surface dive and submerge completely



- Survival float, 1 minute, in deep water
- Back float, 1 minute, in deep water



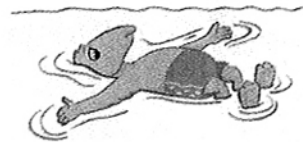
- Open turn on front and push off in streamlined position
- Open turn on back and push off in streamlined position
- Tread water using modified scissors, breaststroke or rotary kick and sculling arm motions, 1 minute



- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards



- Additional rules for safe diving
- Compact jump into the water
- Throwing assist
- Care for conscious choking victim



- Back crawl, 25 yards
- Elementary backstroke, 15 yards
- Swim on side with scissors kick, 15 yards

My Name: _____

My Instructor: _____

Date: _____

Location: _____

Exit Skills Assessment

- 1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 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.