

Level 3: Intermediate Stroke Development

Skills

- Jumping into deep water from the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float
- Back float
- Tread water for 30 seconds
- Swimming the front crawl for 15 yards
- Swimming the elementary backstroke for 15 yards
- Flutter, scissors and dolphin kicks
- Push off in streamlined position on front, then begin kicking



Exit Assessment

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards

Safety Focus

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap