

Level 4: Intermediate

Stroke Improvement

Skills

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming

Swimming:

- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Exit Assessment

- 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
- Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards

Safety Focus

- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think So You Don't Sink
- Look Before You Leap

