

Learn-to-Swim – Level 3

Skill Chart

Water Adjustment, Entry and Exit

- Enter water by jumping from the side into deep water
- Head-first entry from the side in a sitting position
- Head-first entry from the side in a kneeling position

Breath Control and Submerging

- Bobbing while moving towards safety, 5 times in chest-deep water
- Rotary breathing, 10 times

Buoyancy on Front

- Survival float on front, 30 seconds
- Change from a vertical to horizontal position on front in deep water

Buoyancy on Back

- Back float, 30 seconds in deep water
- Change from a vertical to horizontal position on back in deep water

Changing Direction and Position and Treading

- Tread water, 30 seconds in deep water

Swim on Front and Back

- Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Back crawl, 10 yards

