

Learn-to-Swim – Level 4

Skill Chart

Water Adjustment, Entry and Exit

- Head-first entry from the side in a compact position
- Head-first entry from the side in a stride position

Breath Control and Submerging

- Swim under water, 3-5 body lengths
- Feet-first surface dive, submerging completely

Buoyancy on Front and Back

- Survival swimming, 30 seconds in deep water

Treading

- Tread water using 2 different kicks (modified scissors, modified break stroke or rotary), 2 minutes

Swim on Front and Back

- Front crawl, 25 yards
- Breast stroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back then begin dolphin kicking, 3-5 body lengths
- Elementary back stroke, 25 yards
- Back crawl, 15 yards

