



SKILLS CHECKLIST

Learn-to-Swim Level 3

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Enter water by jumping from the side (into deep water)
Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
Bobbing while moving toward safety, 5 times (in chest-deep water)
Rotary breathing, 10 times
Survival float on front, 30 seconds (in deep water)
Back float, 30 seconds (in deep water)
Change from vertical to horizontal position on front (in deep water)
Change from vertical to horizontal position on back (in deep water)
Tread water, 30 seconds (in deep water)
Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
Front crawl, 15 yards
Elementary backstroke, 15 yards
Scissors kick, 10 yards

Safety Topics

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

Exit Skills Assessment

1. 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.