



SKILLS CHECKLIST

Learn-to-Swim Level 4

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

Headfirst entry from the side in a compact position (in water at least 9 feet deep)
Headfirst entry from the side in a stride position (in water at least 9 feet deep)
Swim under water, 3–5 body lengths
Feetfirst surface dive, submerging completely
Survival swimming, 30 seconds (in deep water)
Front crawl open turn
Backstroke open turn
Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
Front crawl, 25 yards
Breaststroke, 15 yards
Butterfly, 15 yards
Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
Elementary backstroke, 25 yards
Back crawl, 15 yards
Sidestroke, 15 yards

Safety Topics

Reach or Throw, Don't Go (reaching assist, throwing assist)
Recreational water illnesses
Think So You Don't Sink
Look Before You Leap

Exit Skills Assessment

1. 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.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.