

Level 3 Stroke Development

Water Entry and Exit

Jump into deep water from side

Breath Control/Underwater swimming

Submerge completely and retrieve object from chest deep water

10 Bobs head fully submerged blowin bubbles

Bob and travel 10 feet

Buoyancy on Front

Front glide with kick

Buoyancy on back

Back glide with kick

Changing Direction and Position

Change from vertical to horizontal position on front

Change from vertical to horizontal position on back

Swim on Front

Dolphin Kick

Front Crawl

Swim on Back

Back crawl

Treading

Treading water with kick

General and Personal Water Safety

Water safety rules

Rules for safe diving

Reaching assists

Check , call, care

Exit Skills Assessment

Jump into deep water from side , swim 15 yards with rhythmic breathing

Tread water maintaing position 30 seconds

Swim back crawl 15 yards