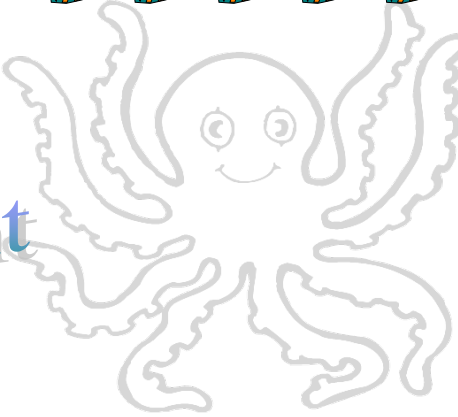
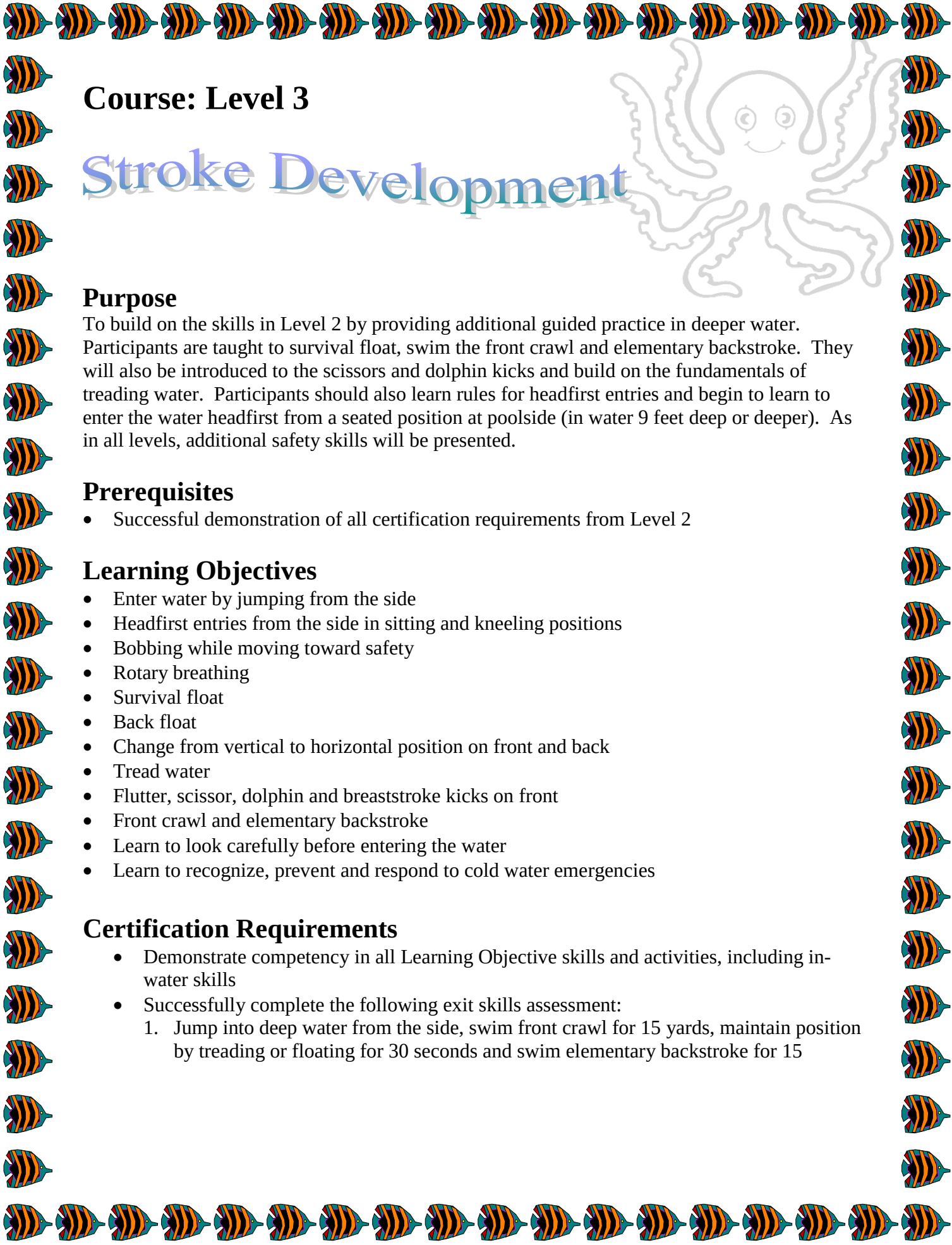




Course: Level 3

Stroke Development

Purpose

To build on the skills in Level 2 by providing additional guided practice in deeper water. Participants are taught to survival float, swim the front crawl and elementary backstroke. They will also be introduced to the scissors and dolphin kicks and build on the fundamentals of treading water. Participants should also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (in water 9 feet deep or deeper). As in all levels, additional safety skills will be presented.

Prerequisites

- Successful demonstration of all certification requirements from Level 2

Learning Objectives

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to recognize, prevent and respond to cold water emergencies

Certification Requirements

- Demonstrate competency in all Learning Objective skills and activities, including in-water skills
- Successfully complete the following 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