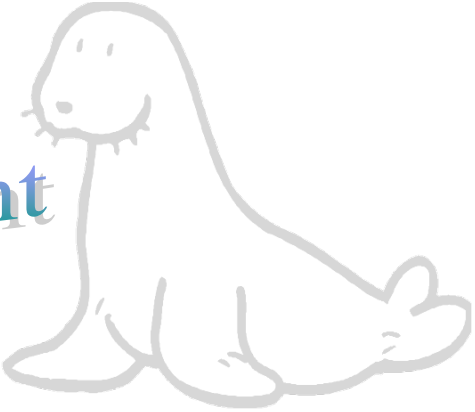
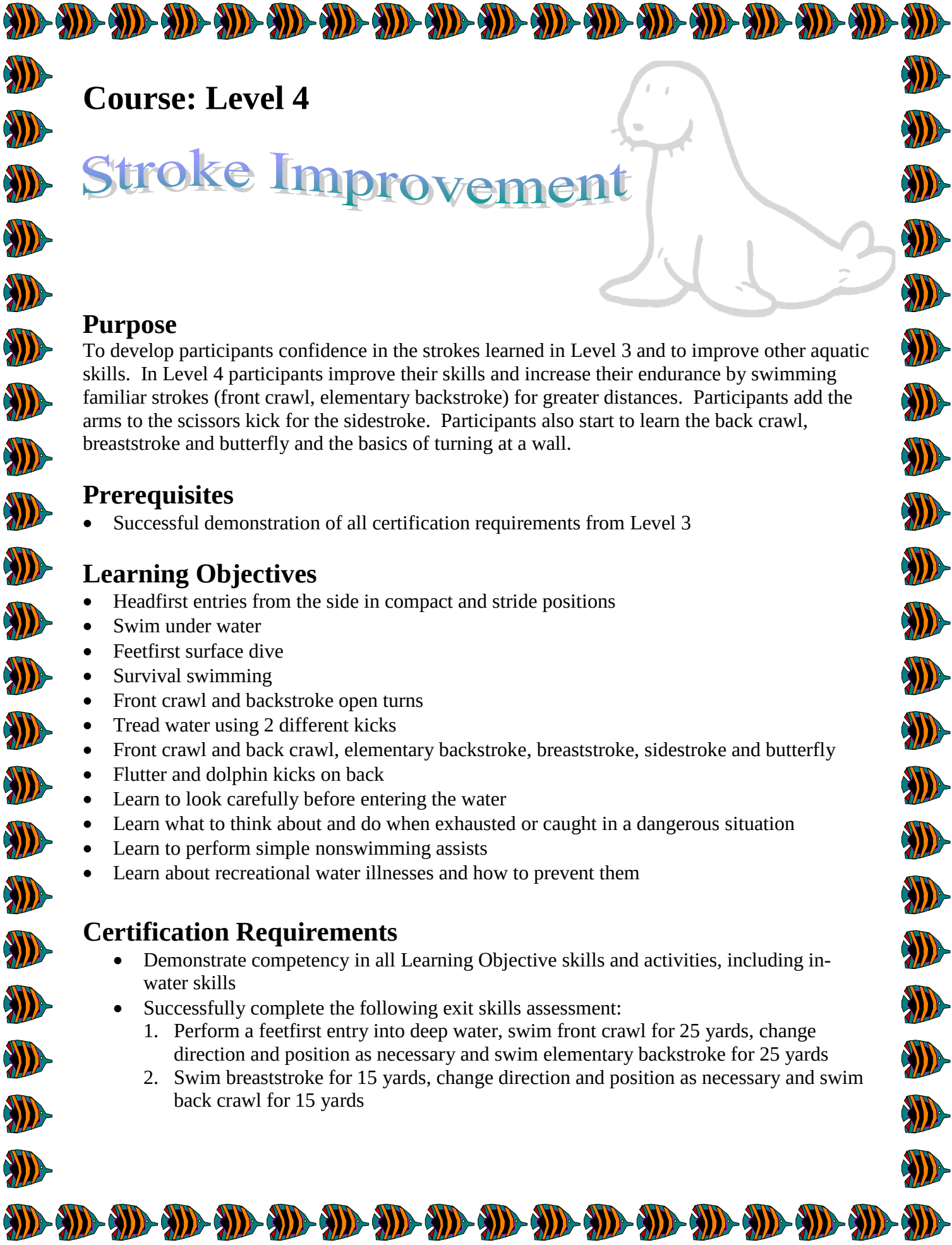




Course: Level 4

Stroke Improvement

Purpose

To develop participants confidence in the strokes learned in Level 3 and to improve other aquatic skills. In Level 4 participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

Prerequisites

- Successful demonstration of all certification requirements from Level 3

Learning Objectives

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front crawl and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them

Certification Requirements

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