



Level III: Stroke Readiness

Purpose: Increase swimming skill competency; practice safety and non-swimming rescue skills.

Understand safe diving rules

Bob in water slightly over head to travel to safe area

Jump into deep water with life jacket on

Jump into deep water from side of pool

Demonstrate the Heat Escape Lessening Posture for 1 minute

Perform "huddle" position with other participants for 1 minute

Know how to open airway for rescue breathing

Retrieve an object from the bottom in chest-deep water

Perform 15 bobs in chest-deep water

Do back crawl, 10 yards

Do elementary backstroke kick, 10 yards

Dive from the side of pool from kneeling and compact positions

Tread water

Reverse direction while swimming on back

Coordinate arm stroke for front crawl while breathing to the front or side, 10 yards

Perform front glide with push-off, 2 body lengths

Perform back glide with push-off, 2 body lengths

Reverse direction while swimming on front

A Level II card is required to enroll in this course.