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.