



Level IV: Stroke Development

Purpose: Develop confidence and competency in strokes and safety skills beyond preceding levels; introduce breaststroke and sidestroke. Understand safe diving rules

Become familiar with CPR

Demonstrate Rescue Breathing (without mouth-to-mouth contact)

Perform rotary breathing

Practice deep water bobbing

Experiment with buoyancy and floating position

Demonstrate diving from pool side, from both stride and standing positions

Practice treading water with a modified scissors, modified breaststroke and/or rotary kicks (2 minutes)

Demonstrate turning at the wall

Perform the following:

Front crawl, 25 yards with rotary breathing

Back crawl, 25 yards

Elementary backstroke, 10 yards

Scissor kick, 10 yards

Sculling on back 5 yards or 15 seconds

Breaststroke kick, 10 yards

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