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.