Level 3: Stroke Development
Builds on the skills in Level 2 through additional guided practice in deeper waters.

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick

Minimum Participants: 5 Maximum Participants: 10
Fee: Based on number of classes. See pg 15-16.

Level 4: Stroke Improvement
Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using two different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back

Minimum Participants: 5
Maximum Participants: 10
Fee: Based on number of classes.
See pg 15-16.