

SKILLS CHECKLIST

Learn-to-Swim Level 3



Instructor Name:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Date:									
Enter water by jumping from the side (into deep water)											
Headfirst entry from the side in a sitting position (in water at least 9 feet deep)											
Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)											
Bobbing while moving toward safety, 5 times (in chest-deep water)											
Rotary breathing, 10 times											
Survival float on front, 30 seconds (in deep water)											
Back float, 30 seconds (in deep water)											
Change from vertical to horizontal position on front (in deep water)											
Change from vertical to horizontal position on back (in deep water)											
Tread water, 30 seconds (in deep water)											
Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths											
Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths											
Front crawl, 15 yards											
Elementary backstroke, 15 yards											



Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Scissors kick, 10 yards									
Safety Topics											
Reach or Throw, Don't Go											
Think Twice Before Going Near Cold Water or Ice											
Look Before You Leap											
Exit Skills Assessment											
Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.											