

SKILLS CHECKLIST

Learn-to-Swim Level 4



Instructor Name:	Participants' Names													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Date:														
Headfirst entry from the side in a compact position (in water at least 9 feet deep)														
Headfirst entry from the side in a stride position (in water at least 9 feet deep)														
Swim under water, 3-5 body lengths														
Feetfirst surface dive, submerging completely														
Survival swimming, 30 seconds (in deep water)														
Front crawl open turn														
Backstroke open turn														
Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes														
Front crawl, 25 yards														
Breaststroke, 15 yards														
Butterfly, 15 yards														
Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths														
Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths														
Elementary backstroke, 25 yards														
Back crawl, 15 yards														



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		Sidestroke, 15 yards									
Safety Topics											
Reach or Throw, Don't Go (reaching assist, throwing assist)											
Recreational water illnesses											
Think So You Don't Sink											
Look Before You Leap											
Exit Skills Assessment											
1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.											
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.											