



## Learn-to-Swim Course Fact Sheet

<b>Learn-to-Swim Level 3: Stroke Development</b>
<b>Water Entry and Exit</b>
<ul style="list-style-type: none"> <li>• Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side</li> <li>• Head first entry from the side in a sitting and kneeling position</li> </ul>
<b>Breath Control and Submerging</b>
<ul style="list-style-type: none"> <li>• Bobbing while moving toward safety, 15 times</li> <li>• Rotary breathing, 15 times</li> </ul>
<b>Buoyancy</b>
<ul style="list-style-type: none"> <li>• Survival float, 30 seconds</li> <li>• Back float, 1 minute</li> </ul>
<b>Changing Direction and Position and Treading</b>
<ul style="list-style-type: none"> <li>• Change from vertical to horizontal position on front</li> <li>• Change from vertical to horizontal position on back</li> <li>• While in a vertical position, rotate one full turn</li> <li>• Tread water, 1 minute</li> </ul>
<b>Swim on Front</b>
<ul style="list-style-type: none"> <li>• Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths</li> <li>• Push off in a streamlined position, then begin dolphin kicking</li> <li>• Front crawl, 15 yards</li> <li>• Breaststroke kick, 15 yards</li> </ul>
<b>Swim on Back</b>
<ul style="list-style-type: none"> <li>• Elementary backstroke, 15 yards</li> </ul>
<b>Swim on Side</b>
<ul style="list-style-type: none"> <li>• Scissors kick, 15 yards</li> </ul>
<b>Water Safety</b>
<ul style="list-style-type: none"> <li>• Reach or Throw, Don't Go— demonstrate</li> <li>• Think Twice Before Going Near Cold Water or Ice</li> <li>• Look Before You Leap</li> <li>• Developing breath control safely</li> <li>• Making good decisions— choosing an exit point</li> </ul>
<b>Exit Skills Assessment</b>
<ol style="list-style-type: none"> <li>1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.</li> <li>2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</li> </ol>