

Learn to Swim

Level 3

Skills:

- _____ Enter water by jumping in from the side
- _____ Headfirst entry into the water from a sitting position (in water at least 9 ft deep)
- _____ Headfirst entry into the water from a kneeling position (in water at least 9 ft deep)
- _____ Bobbing while moving toward safety, **5 times**
- _____ Survival float on front, **30 seconds**
- _____ Back float, **30 seconds**
- _____ Change from a vertical to horizontal position on front
- _____ Change from a vertical to horizontal position on back
- _____ Tread water, **30 seconds**
- _____ 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**
- _____ Rotary breathing, **5 times**
- _____ Elementary backstroke, **15 yards**
- _____ Scissors kick, **10 yards**
- _____ Put on a life jacket (H.E.L.P. and Huddle positions)

Safety Topics:

- _____ Think twice before going near cold water or ice
- _____ Look before you leap
- _____ Reach or throw, don't go
- _____ Go over the importance of the "H.E.L.P. and Huddle" positions in a life jacket

Exit Skills:

- _____ 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.

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____