**PURPOSE**

To provide additional guided practice in deeper water, develop participants’ confidence in the learned strokes, and improve other aquatic skills.

**COURSE REQUIREMENTS**

- Jump into deep water from side, **submerge**, **return to surface** then to side
- Headfirst entry from the side in seated or kneeling position
- Bobbing while moving to safety
- Rotary **breathing**
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Open turns, flutter, and dolphin kicks on the front and back

- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15, 25 yards
- Swim elementary backstroke for 15, 25 yards
- Scissor and breaststroke kicks
- Headfirst entry in compact and stride position
- Feet-first surface dive and underwater swim
- Tread water using two different kicks
- Survival swim for 1 minute
- Breaststroke, back crawl for 15 yards
- Butterfly, sidestroke for 15 yards
- Push off in streamlined position on back, then begin kicking