

LEARN TO SWIM

LEVEL 3/4

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

CERTIFICATION REQUIREMENTS:

- Jump into deep water from side, submerge, return to surface then to the 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
- Push off in streamlined position on front then begin kicking
- Swim front crawl for 15 yards
- Swim Elementary backstroke for 15 yards
- Flutter, Scissor, Breaststroke, and Dolphin Kicks
- Headfirst entry in compact and stride position
- Feet first Surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival Swimming for 1 minute
- Front Crawl for 25 yards
- Elementary Backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and Dolphin kicks on back
- Puff of in streamlined position on back then begin kicking



For more information, contact srwc.aquatics@unlv.edu