



## Learn to Swim – Level 4 children age 6 and older

- Back crawl, 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

- Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

### Skills

- 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
- Feet first surface dive, submerging completely
- Survival swimming, 30 seconds
- 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

