



SKILLS CHECKLIST

Learn-to-Swim Level 3—Stroke Development

Clear Form

Instructor's Name: Date:	Participant's Name													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side														
Headfirst entry from the side in a sitting position (in water at least 9 feet deep)*														
Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)*														
Bobbing while moving toward safety, 15 times (in chest-deep water)														
Rotary breathing, 15 times														
Survival float on front, 30 seconds (in deep water)														
Back float, 1 minute (in deep water)														
Change from vertical to horizontal position on front (in deep water)														
Change from vertical to horizontal position on back (in deep water)														
While in a vertical position, rotate 1 full turn (in deep water)														
Tread water, 1 minute (in deep water)														

*If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries.

Instructor's Name:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Date:											
Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths											
Push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths											
Front crawl, 15 yards											
Breaststroke kick, 15 yards											
Elementary backstroke, 15 yards											
Scissors kick, 15 yards											
Safety Topics											
Reach or Throw, Don't Go											
Think Twice Before Going Near Cold Water or Ice											
Look Before You Leap											
Developing breath control safely											
Making good decisions—choosing an exit point											
Exit Skills Assessment											
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.											
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.											