

Stewartville Pool Swim Program

Level 3

Swimmer's Name: _____

Date: _____

Instructor: _____

Skills:

- Fully submerge into deep and shallow water by jumping from side
- Kneeling dive into deep water
- Standing dive into deep water
- Bobbing, 5 times making forward motion
- Survival float, 1 minute
- Back float, 1 minute
- Tread water, 1 minute
- Front crawl with rotary breathing, 25 yards
- Back crawl, 25 yards
- Elementary backstroke, 25 yards
- Vertical to horizontal position front to back and vice versa
- Introduce Scissors kick



Safety:

- Practice safe skills around water
- Call during emergency
- Wear sunscreen
- Look before entering different depths of water
- Proper use of rescue tubes, Reach or Throw assist
- Know your limits of water depth

Strengths:

Areas to work on:

Next recommended swimming lessons level: _____

