

Stewartville Pool Swim Program

Level 4

Swimmer's Name: _____

Date: _____

Instructor: _____

Skills:

- Enter deep water with feet first surface dive
- Front crawl with rotary breathing, 50 yards
- Back crawl, 50 yards
- Elementary backstroke, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 25 yards
- Kneeling dive into deep water
- Standing dive into deep water
- Survival float, 1 minute
- Treading, 2 minutes
- Open turns with front and back strokes
- Butterfly (Optional)



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: _____

