



LEARN-TO-SWIM LEVEL 3 STROKE DEVELOPMENT

Here's a list of all the skills you completed in Level 3 of the **American Red Cross** Learn to Swim program.

Core Skills

1. Enter water by jumping from the side into deep water, fully submerge, then recover to the surface and return to the side
2. Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
3. Kneeling dive—headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
4. Bobbing while moving toward safety—15 times—in chest-deep water
5. Rhythmic breathing—15 times
6. Survival float on front—30 seconds—in deep water
7. Back float—1 minute—in deep water
8. Front float with recovery in deep water
9. Back float with recovery in deep water
10. Tread water—1 minute—in deep water and change position
11. Push off in a streamlined position on front, then begin flutter kicking—3-5 body lengths
12. Push off in a streamlined position on front, then begin dolphin kicking—3-5 body lengths
13. Front crawl—15 yards
14. Breaststroke kick—15 yards
15. Elementary backstroke—15 yards
16. Scissors kick—15 yards
19. Elementary backstroke arms and flutter kick—5 body lengths

Safety Topics

20. Reach or Throw, Don't Go
21. Think Twice Before Going Near Cold Water or Ice
22. Look Before You Leap
23. Developing breath control safely
24. Making good decisions—choosing an exit point

Exit Skills Assessment

25. Jump into deep water, 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.
26. 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.



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