



## LEARN-TO-SWIM LEVEL 4 STROKE IMPROVEMENT

Here's a list of all the skills you completed  
in Level 4 of the **American Red Cross**  
*Learn to Swim* program.

### Core Skills

1. Tip-in dive (in water at least 9 feet deep)
2. Standing front dive (in water at least 9 feet deep)
3. Swim underwater—3-5 body lengths (without hyperventilating)
4. Feet-first surface dive, submerging completely
5. Survival swimming in deep water—1 minute
6. Front crawl open turn
7. Back crawl open turn
8. Tread water using 2 different kicks—modified scissors, modified breaststroke, or rotary—2 minutes
9. Front crawl—25 yards
10. Breaststroke—15 yards
11. Butterfly—15 yards
12. Push off in a streamlined position on back and begin flutter kicking—3-5 body lengths
13. Push off in a streamlined position on back and begin dolphin kicking—3-5 body lengths
14. Elementary backstroke—25 yards
15. Back crawl—15 yards
16. Sidestroke—15 yards

### Safety Topics

17. Reach or Throw, Don't Go (reaching assist, throwing assist)
18. Recreational water illnesses
19. Think So You Don't Sink
20. Look Before You Leap

### Exit Skills Assessment

21. Perform a feet-first entry into deep water, swim front crawl 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
22. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
23. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.



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