

SKILLS CHECKLIST

Learn-to-Swim Level 3

Instructor Name: Date:	Participants' Names	-	2.	3.	4.	5.	9.	7.	8.	6.	10.
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, 5 times (in chest-deep water)											
Rotary breathing, 10 times											
Survival float on front, 30 seconds (in deep water)											
Back float, 30 seconds (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)											
Tread water, 30 seconds (in deep water)											
Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths											
Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths											
Front crawl, 15 yards											
Elementary backstroke, 15 yards											