

LEVEL 3 – STROKE DEVELOPMENT (Age 5-6+)

SAFETY TOPICS:

- Swim as a pair near a life-guards chair
- Think So You Don't Sink
- Look Before You Leap
- Don't Just Pack It, Wear Your Jacket
- Think Twice Before Going Near Cold Water or Ice
- Reach or Throw, Don't Go - reaching assist
- General water safety rules

NEW SKILLS:

- Bobs in chest deep water
- Flutter kick with rhythmic breathing
- Push off on front then begin flutter kicking with kickboard
- Tread water using arm and leg actions
- Flutter kick drills
- Survival float
- Jump into deep water, return to surface when swim back to wall
- Tread water and move into back float
- Push off and glide on front in deep water then move to a vertical position and tread water
- Elementary backstroke kick drills
- Push off on back and swim elementary backstroke then recover to vertical position
- Dolphin kick drills
- Push off on front and dolphin kick
- Rotary breathing drills
- Push off streamlined with flutter
- Elementary backstroke arm drills
- Elementary backstroke coordination
- Jump into deep water, surface, rotate one turn and turn front crawl to side
- Headfirst entry from the side a sitting position
- Scissors kick
 - Scissors kick using kickboard
- Breaststroke kick drills
- Tread water using arms and different kicks using foam noodles for support
- Headfirst entry from the side from kneeling position
- Jump into deep water, level off and float
- Breaststroke kick drills with kickboard
- Enter water wearing life jacket
- HELP position
- Huddle position
- Push off streamlined, then begin breaststroke kicking, recover to vertical position
- Exit skills assessment