

LEVEL 4 - STROKE IMPROVEMENT (Age 7-8+)

SAFETY TOPICS:

- Recreational water illnesses (RWI)
- Look Before You Leap
- Too Much Sun Is No Fun
- Reach or Throw, Don't Go - reaching assist
- Think So You Don't Sink
- Wave, Tide or Ride, Follow the Guide
- Too Much Sun Is No Fun

NEW SKILLS:

- Tread water using different kicks
- Swim underwater
- Push off in a streamlined position on back and begin flutter kicking
- Push off in streamlined position on back and begin dolphin kicking
- Back crawl drills
- Headfirst entry from a compact position
- Headfirst entry from a stride position
- Back crawl - coordination
- Sidestroke drills
- Breaststroke drills
- Feetfirst surface dive
- Breaststroke - coordination
- Butterfly drills
- Survival swimming
- Sidestroke - coordination
- Butterfly - coordination
- Sidestroke
- Butterfly
- Front crawl open turn
- Backstroke open turn
- Practice exit skills
- Exit skills assessment

HAMILTON HEALTH & FITNESS