

Level III

Stroke Readiness

- Retrieve object from bottom in chest deep water
- Bob, submerging head completely (15 times in chest deep water)
- Bob in water slightly over head and travel to safe area
- Jump into deep water from side of pool
- Dive from side of pool from kneeling and compact positions
- Prone glide with push off (2 body lengths)
- Back glide with push off (2 body lengths)
- Swim front crawl, breathing as necessary to front or side. (10 yards)
- Swim back crawl (10 yards)
- Elementary backstroke kick 10 yards, with or without kickboard
- Reverse direction while swimming on front
- Reverse direction while swimming on back
- Safe diving rules
- Tread water (1 minute)
- Jump into deep water with lifejacket on
- H.E.L.P. position (1 minute)
- Huddle position (1 minute)
- How to open airway for rescue breathing

