

Level IV

Stroke Development

- Deep water bobbing
- Jelly fish and tuck float
- Rotary breathing in chest deep water
- Dive from side of pool from stride and standing position
- Elementary backstroke (10 yards)
- Sculling on the back (5 yards or 15 seconds)
- Front crawl with rotary breathing (25 yards)
- Back crawl (25 yards)
- Breaststroke kick 10 yards, with or without kickboard
- Scissors kick 10 yards, with or without kickboard
- Demonstrate change of direction at wall
- Tread water with modified scissors, modified breaststroke, and rotary kicks (2 minutes)
- Demonstrate rescue breathing without mouth-to-mouth contact
- Video or demonstration of CPR