

Level VII

Advanced Skills

- Springboard dive in tuck and pike positions
- Swim continuously, any combination of strokes (500 yards)
- Front crawl (200 yards)
- Swimming under water (15 yards)
- Back crawl (100 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (25 yards)
- Backstroke flip turn
- In-water rescue using equipment
- Conditioning principles
- Check heart rate
- Retrieve diving brick, deep water (8-10 feet deep)
- Review Basic Water Safety Skills
- Tread water (5 minutes)
- Assist with backboard rescue