

# Learn-to-Swim

## Achievement Card Level 3

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_



### Skills

- Enter water by jumping from the side
- Headfirst entry from the side in a sitting position (in water at least 9-feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9-feet deep)
- Bobbing while moving toward safety, 5 times
- Rotary breathing, 10 times
- Survival float on front, 30 seconds
- Back float, 30 seconds
- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back
- Tread water, 30 seconds
- Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 10 yards

(over)

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(over)

### Safety Topics

- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

### Exit Skills Assessment

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

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