

# Learn-to-Swim

## Achievement Card

### Level 4

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

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

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

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



#### Skills

- Headfirst entry from the side in a compact position (in water at least 9-feet deep)
- Headfirst entry from the side in a stride position (in water at least 9-feet deep)
- Swim under water, 3–5 body lengths
- Feetfirst surface dive, submerging completely
- Survival swimming, 30 seconds
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards

(over)

# Learn-to-Swim

## Achievement Card

### Level 4

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

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

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

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



#### Skills

- Headfirst entry from the side in a compact position (in water at least 9-feet deep)
- Headfirst entry from the side in a stride position (in water at least 9-feet deep)
- Swim under water, 3–5 body lengths
- Feetfirst surface dive, submerging completely
- Survival swimming, 30 seconds
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards

(over)

### Safety Topics

- Reach or throw, don't go (reaching assist, throwing assist)
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

### Exit Skills Assessment

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

### Safety Topics

- Reach or throw, don't go (reaching assist, throwing assist)
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

### Exit Skills Assessment

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.