**Level 3: Stroke Development**

Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II. The objective of Level III is to build on the skills in Level II by providing additional guided practice.  Students are taught to survival float, swim the front crawls and elementary backstroke.  The scissors and dolphin kicks are taught and students build on the fundamentals of treading water.  Students should also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if water is 9 feet deep or deeper).

**Cost: $30/City; $42/Non-city**

**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
* 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

**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.**