



SKILLS CHECKLIST

Learn-to-Swim Level 4—Stroke Improvement

Clear Form

Instructor's Name:													
Date:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.		
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 underwater, 3 to 5 body lengths (without hyperventilating)													
Feetfirst surface dive, submerging completely													
Survival swimming, 1 minute (in deep water)													
Front crawl open turn													
Back crawl 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 to 5 body lengths													

\*If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries.

Instructor's Name:  Date:	Participant's Name													
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.			
Push off in a streamlined position on back and begin dolphin kicking, 3 to 5 body lengths														
Elementary backstroke, 25 yards														
Back crawl, 15 yards														
Sidestroke, 15 yards														
<b>Safety Topics</b>														
Reach or Throw, Don't Go (reaching assist, throwing assist)														
Recreational water illnesses														
Think So You Don't Sink														
Look Before You Leap														
<b>Exit Skills Assessment</b>														
1. 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.														
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.														
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.														