

Nevada Parks and Recreation

Group Swim Lesson Program

Water Basics - Level 3

Participant must have completed Water Basics Level 2

Level 3 -

- 1. Flutter Kick with Rhythmic Breathing and coordinated arm action***
- 2. Survival Float***
- 3. Tread Water for 30 seconds***
- 4. Front Crawl for 15 yards***
- 5. Back Crawl for 15 yards***
- 6. Elementary Back Stroke for 15 yards***
- 7. Headfirst entry from the side in a sitting and kneeling position***
- 8. Scissor Kick 10 yards***
- 9. Breast Stroke Kick 10 yards***
- 10. Change from Vertical to Horizontal position on front and back in deep water***
- 11. Back float for 30 seconds***
- 12. Demonstrate Dolphin Kick***

Exit Skills: Jump in to deep water from side of pool. Swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim Elementary Backstroke back to starting position.



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