

Nevada Parks and Recreation

Group Swim Lesson Program

Water Basics - Level 4

Participant must have completed Water Basics Level 3

Level 4 -

- 1. Front Crawl, Back Crawl, Elementary Back Stroke 25 yards**
- 2. Swim Underwater for 4 body lengths**
- 3. Dolphin Kick and Flutter Kick on back for 3 body lengths**
- 4. Headfirst entry from compact and stride position**
- 5. Streamline body position when performing various strokes 4 body lengths**
- 6. Side Stroke for 15 yards**
- 7. Breast Stroke for 15 yards**
- 8. Feet First Surface dive**
- 9. Survival Float and Survival Swimming for 30 seconds**
- 10. Open Turns**
- 11. Treading water for 1 minute each using two different kicks (2 minutes total continuous)**

Exit Skills: Perform a feet first entry into deep water, swim front crawl with rhythmic breathing for 25 yards, change direction and swim elementary back stroke back to starting position.

Swim Breast Stroke for 15 yards, change direction and swim back crawl back to starting position



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