



Learn to Swim Level 3

Jump into deep water from the side, submerge, return to the surface then to the side	Swim front crawl for 15 yards
Headfirst entry from the side in seated and kneeling positions	Swim elementary backstroke for 15 yards
Bobbing while moving to safety	Flutter, scissors, breaststroke, and dolphin kicks
Rotary breathing	Combined arm and leg actions on back
Survival float for 30 seconds	Exit Assessment
Back float for 1 minute	Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute
Tread water for 1 minute	Rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 20 yards, then exit the water
Change from vertical to horizontal position on front and back	Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water
Push off in streamlined position on front, then begin kicking	

