



Learn to Swim Level 4

Headfirst entry in compact and stride positions	Back crawl for 15 yards
Feetfirst surface dive	Butterfly for 15 yards
Swim underwater	Sidestroke for 15 yards
Tread water, using 2 different kicks	Flutter and dolphin kicks on back
Survival float for 30 seconds	Push off in streamlined position on back, then begin kicking. Open turns on the front and back
Survival swimming for 1 minute	Exit Assessment
Front crawl for 20 yards	Perform a feet first entry into deep water, swim front crawl for 20 yards, change direction and position as necessary, and swim elementary backstroke for 20 yards.
Elementary backstroke for 20 yards	Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards
Breaststroke for 15 yards	Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

