



# SKILLS CHECKLIST

## Learn-to-Swim Level 4

Instructor Name:  Date:	Participants' Names	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 under water, 3–5 body lengths											
Feetfirst surface dive, submerging completely											
Survival swimming, 30 seconds (in deep water)											
Front crawl open turn											
Backstroke 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, 3–5 body lengths											
Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths											
Elementary backstroke, 25 yards											
Back crawl, 15 yards											



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		<b>Sidestroke, 15 yards</b>									
<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.											