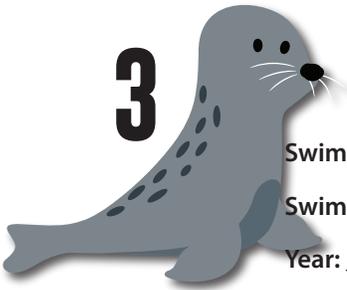


City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Learn-to-Swim: LEVEL 3



Swimmer's First Name: _____

Swimmer's Last Name: _____

Year: _____ Rec Trac Course #: _____

Instructor(s): _____

KEY
 P = Pass
 F = Fail
 NW = Needs Work
 N/A = Not Applicable

SWIM SKILLS

Back float unsupported (1 minute)	
Front glide with two different kicks (flutter and dolphin)	
Back glide with two different kicks (flutter and dolphin)	
Pick up object from bottom of shallow (3 times)	
Flutter kick on front (1 width)	
Flutter kick on back (1 width)	
Breaststroke kick (15 yards)	
Scissors kicks (15 yards)	
Front crawl with rotary breathing (15 yards)	
Elementary backstroke (15 yards)	
Rotary breathing (15 times)	
15 bobs while moving toward safety	
Jump into deep water	
Dive from sitting position	
Dive from kneeling position	
Treading water in deep end (1 minutes)	
Change from vertical to horizontal position on front and back	
While in vertical position, rotate one full turn	

PUTTING IT TOGETHER

Jump into deep water, tread or float for 1 minute, rotate 1 full turn, then turn to swim front crawl or elementary backstroke 25 yards, then exit pool	
Push off in a streamline position, swim front crawl 15 yards, change direction and position as necessary, swim elementary backstroke 15 yards, then exit the pool	

PERSONAL SAFETY AND RESCUE SKILLS

Learn safe diving rules	
H.E.L.P for 1 minute	
Survival float (30 seconds)	
Learn Check-Call-Care	
Reach or throw don't go	
Think twice before going near cold water or ice	
Look before you leap	
Developing breath control safely	
Making a good decision - choosing an exit point	

INSTRUCTOR COMMENTS:

Next level to enroll in:

