



City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Learn-to-Swim: LEVEL 4

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 in deep water (1 minute)	
Push off in streamline on front and back with breakout	
Front crawl with rotary breathing (25 yards)	
Elementary backstroke (25 yards)	
Breaststroke (15 yards)	
Backstroke (15 yards)	
Sidestroke kick (15 yards)	
Sidestroke (15 yards)	
Butterfly kick and body motion (15 yards)	
Butterfly (15 yards)	
Breaststroke kick (25 yards)	
Open turn on front	
Open turn on back	
Jump into deep water	
Dive from compact position	
Dive from stride position	
Feet first surface dive	
Swim under water (3 body lengths)	
Treading water in deep end with 2 kicks (2 minutes)	

PUTTING IT TOGETHER

Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards	
Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards	
Submerge and swim underwater a distance of 3 to 5 body lengths and then exit pool	

PERSONAL SAFETY AND RESCUE SKILLS

Review diving and safety rules	
Survival float for 1 minute	
Jump into deep water with life jacket	
Survival swimming 1 minute	
Reach or throw don't go	
Recreational Water Illness	
Think so you don't sink	
Look before you leap	

INSTRUCTOR COMMENTS:

Next level to enroll in:

