

# Course: Learn to Swim Level 3: Stroke Development

**Purpose**

To build on the skills in Level 2 by providing additional guided practice in deeper water

**Prerequisites**

- Valid American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills certificate
- OR
- Successful demonstration of all certification requirements from Level 2

**Learning Objectives**

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple nonswimming assists
- Learn to recognize, prevent and respond to cold water emergencies

**Length**

No minimum number of hours suggested

**Instructor**

Currently authorized Water Safety (r.09) instructor

**Certification Requirements**

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:  
Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

**Certificate Issued and Validity Period**

Learn-to-Swim Level 3: Stroke Development – No validity period

**Participant Materials**

*Swimming and Water Safety* manual (StayWell Stock No. 651314) (Recommended, but not required)