

Course: Learn to Swim Level 4: Stroke Improvement

Purpose

To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 3: Stroke Development certificate
- OR
- Successful demonstration of all completion requirements from Level 3

Learning Objectives

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them

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:
 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

Certificate Issued and Validity Period

Learn-to-Swim Level 4: Stroke Improvement – No validity period

Participant Materials

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