LEVEL 3 – ADVANCED BEGINNER

* Jump into deep water from the side
* Head first entry from sitting or kneeling position (learning to dive)
* Submerge and retrieve an object
* Bobs with head fully submerged
* Rotary breathing
* Front glide – kick one
* Front glide – kick two
* Survival Float – 30 Seconds
* Back glide – kick one
* Back glide – kick two
* Back Float
* Change from vertical to horizontal position on front (deep end exercise)
* Change from vertical to horizontal position on back
* Tread water 30 seconds in deep water

**ON THE FRONT**

Front Crawl (may use kickboards)

Butterfly kick and body motion (may use kickboards)

**ON THE BACK**

Back Crawl

* Water safety rules
* Rules for safe diving
* Enter the water wearing a life jacket
* Help position
* Huddle position
* Reaching assist (use buoy to bring them in)
* Check\*Care\*Call

**TEST:**

1. Jump into chest deep water from the side; swim front crawl for 15 yards with face in the water and rhythmic breathing patter (to front or side); maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.