LEVEL 4 – INTERMEDIATE

* Dive from compact or stride position
* Swim underwater
* Feet first surface dive
* Survival Float
* Back float (1 minute)
* Open turn on front, push off in streamlined position (pushing off wall)
* Open turn on back, push off in streamlined position (pushing off wall)
* Tread water using scissors, breaststroke or rotary kick and sculling arm motions

**ON THE FRONT**

Front Crawl – Pool Length

Breast Stroke

Butterfly

**ON THE BACK**

Back Crawl – Pool Length

Elementary Back Stroke

**ON THE SIDE**

Swim on side with scissors kick

* Additional rules for safe diving
* Compact jump from a height while wearing a life jacket
* Throwing assist
* Care of a conscious choking victim

**TEST:**

1. Perform a feet first entry into chest deep water; swim front crawl for 25 yards; maintain position on back for 1 minute in deep water (floating or sculling); and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards; tread water for 1 minute and swim back crawl for 25 yards.