

West Shore Recreation Commission - American Red Cross Swimming Lessons

Level 4 – Skills Checklist

Name: _____ **Instructor:** _____

This checklist was designed to help you, your child, and the instructor acknowledge the skills learned (checked items), and identify the skills needed to pass Level 4.

- 1. Headfirst entry from the side in a compact position (in water at least 9 feet deep) _____
- 2. Headfirst entry from the side in a stride position (in water at least 9 feet deep) _____
- 3. Swim under water, 3-5 body lengths _____
- 4. Feet-first surface dive, submerging completely _____
- 5. Survival swimming, 1 minute (in deep water) _____
- 6. Front crawl open turn _____
- 7. Back crawl open turn _____
- 8. Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary) (2 min.) _____
- 9. Front crawl, 25 yards _____
- 10. Breaststroke, 15 yards _____
- 11. Butterfly, 15 yards _____
- 12. Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths _____
- 13. Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths _____
- 14. Elementary backstroke, 25 yards _____
- 15. Back crawl, 15 yards _____
- 16. Sidestroke, 15 yards _____
- Safety**
- 17. Reach or throw, don't go (reaching assist, throwing assist) _____
- 18. Recreational water illnesses _____
- 19. Think so you don't sink _____
- 20. Look before you leap _____

Exit Skills Assessment

- 1. 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. _____
- 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. _____
- 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water. _____

Comments: _____

Your child: _____ should repeat level 4 _____ has completed all skills for level 4