

**West Shore Recreation Commission - American Red Cross Swimming Lessons**

**Level 3 – 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 3.

- 1. Enter water by jumping from the side (into deep water) fully submerge, then recover to surface and return to side \_\_\_\_\_
- 2. Head-first entry from the side in a sitting position (in water at least 9 feet deep) \_\_\_\_\_
- 3. Head-first entry from the side in a kneeling position (in water at least 9 feet deep) \_\_\_\_\_
- 4. Bobbing while moving toward safety, 15 times (in chest-deep water) \_\_\_\_\_
- 5. Rotary breathing, 15 times \_\_\_\_\_
- 6. Survival float on front, 30 seconds (in deep water) \_\_\_\_\_
- 7. Back float, 1 minute (in deep water) \_\_\_\_\_
- 8. Change from vertical to horizontal position on front (in deep water) \_\_\_\_\_
- 9. Change from vertical to horizontal position on back (in deep water) \_\_\_\_\_
- 10. While in vertical position, rotate 1 full turn (in deep water) \_\_\_\_\_
- 11. Tread water, 1 minute (in deep water) \_\_\_\_\_
- 12. Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths \_\_\_\_\_
- 13. Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths \_\_\_\_\_
- 14. Front crawl, 15 yards \_\_\_\_\_
- 15. Breaststroke kick, 15 yards \_\_\_\_\_
- 16. Elementary backstroke, 15 yards \_\_\_\_\_
- 17. Scissors kick, 15 yards \_\_\_\_\_
- Safety**
- 18. Reach or throw, don't go \_\_\_\_\_
- 19. Think twice before going near cold water or ice \_\_\_\_\_
- 20. Look before you leap \_\_\_\_\_
- 21. Developing breath control safely \_\_\_\_\_
- 22. Making good decisions - choosing an exit point \_\_\_\_\_

**Exit Skills Assessment**

- 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. \_\_\_\_\_
- 2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water \_\_\_\_\_

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Your child:** \_\_\_\_\_ **should repeat level 3** \_\_\_\_\_ **has completed all skills for level 3**