

Level 3

Instructor's Name: Date: Time:	Participant's Names:								
		1	2	3	4	5	6	7	8
Head first entry from side of pool.									
Standing, kneeling and sitting dives.									
Bob 5 times toward the wall head fully submerged									
Survival float for 30 seconds.									
Back float for 30 seconds.									
Intro to dolphin and scissor kicks.									
Front and Back glide for 2 body lengths.									
Tread water for 30 seconds									
Front crawl for 15 meters with side breathing.									
Back crawl for 15 meters.									
Elementary back stroke for 15 meters.									
Finning/Sculling on back for 10 feet.									
Watery safety rules.									
Importance of/how to wear lifejacket.									
Preform a reaching assist.									

Notes: