

## Level 3

<b>Instructor's Name:</b>	<b>Participant's Names:</b>							
<b>Date:</b>		1	2	3	4	5	6	7
<b>Time:</b>								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:**