

Level 4

Instructor's Name: Date: Time:	Participant's Names:								
		1	2	3	4	5	6	7	8
Standing, kneeling and sitting dives.									
Diving from block and start front crawl.									
Open and flip turn, on front and back.									
Breaststroke 15 meters.									
Butterfly for 15 meters.									
Intro to dolphin and scissor kicks.									
Front and Back glide in streamline position.									
Tread water for 1 minute									
Front crawl for 30 meters with side breathing.									
Back crawl for 30 meters.									
Elementary back stroke for 15 meters.									
Swim underwater for 3-5 body lengths.									
Feet first entry into deep water.									
Sidestroke with scissor kicks 15 meters.									
Water safety rules.									

Notes: