



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Learn-to-Swim Level 3— Stroke Development
Course Code:	34903
Purpose	<ul style="list-style-type: none">▪ To build on the skills in Level 2 by providing additional guided practice
Prerequisites	<ul style="list-style-type: none">▪ <i>American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills</i> certificate or demonstrate all completion requirements in Level 2
Learning Objectives	<ul style="list-style-type: none">▪ Jump into deep water from the side▪ Demonstrate a head-first entry from the side in a sitting or kneeling position▪ Submerge and retrieve an object (independently) from chest-deep water (3 seconds)▪ Bob with head fully submerged, in chest-deep water (5 times)▪ Demonstrate rotary breathing with body in a horizontal position (5 times)▪ Demonstrate a front glide using 2 different kicks (2 body lengths)▪ Demonstrate a survival float in deep water (30 seconds)▪ Demonstrate a back glide using 2 different kicks (2 body lengths)▪ Demonstrate a back float in deep water (30 seconds)▪ Change from a vertical to a horizontal position on front▪ Change from a vertical to a horizontal position back▪ Tread in deep water, using hand and leg movements (30 seconds)▪ Demonstrate each stroke for the following distance:<ul style="list-style-type: none">• Front crawl (15 yards)• Back crawl (15 yards)• Butterfly—kick and body motion (15 feet)▪ Discuss general water safety rules▪ Discuss rules for safe diving▪ Enter the water independently using ladder, steps or side while wearing a life jacket▪ Demonstrate the H.EL.P. position (1 minute)▪ Demonstrate the huddle position (1 minute)▪ Demonstrate a reaching assist▪ Discuss Check-Call-Care
Length	No minimum number of hours suggested
Instructor	Currently authorized Water Safety (r.04) instructor.
Certification Requirements	Successfully complete the following exit skills assessment: <ul style="list-style-type: none">▪ Jump into chest-deep water from the side, swim front



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crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Certificate Issued and Validity Period Learn-to-Swim Level 3— Stroke Development

Participant Materials *Waddles in the Deep*: American Red Cross Learn-to-Swim Level 3 and 4 (StayWell Stock No. 651308) (Recommended but not required)