

Level 4 Skills

- Headfirst entry from the side in a compact position
- Headfirst entry from the side in a stride position
- Swim under water, 3–5 body lengths (without hyperventilating)
- Feet first surface dive, submerging completely
- Survival swimming, 1 minute (in deep water)
- Front crawl open turn
- Back crawl open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards

Safety Topics

- Reach or Throw, Don't Go (reaching assist, throwing assist)
- Recreational Water Illnesses
- Think So You Don't Sink
- Look Before You Leap

Exit Skills Assessment

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating return to the surface, then exit the water.