

Sea Squirts III Skills

- Enter water by jumping from side
- Bobbing - fully submerge head and hold breath
- Float in a face-down position (front)
- Jellyfish Float
- Tuck Float
- Recover front float to vertical
- Back float and recover
- Back glide
- Finning arm action
- Tread - using arm and leg motions
- Change direction of paddling on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Safety Topics

- Staying safe around water
- Recognizing an emergency
- Don't Just Pack It, Wear Your Jacket
- Too Much Sun Is No Fun
- How to call for help
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink

Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.