

# HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: \_\_\_\_\_

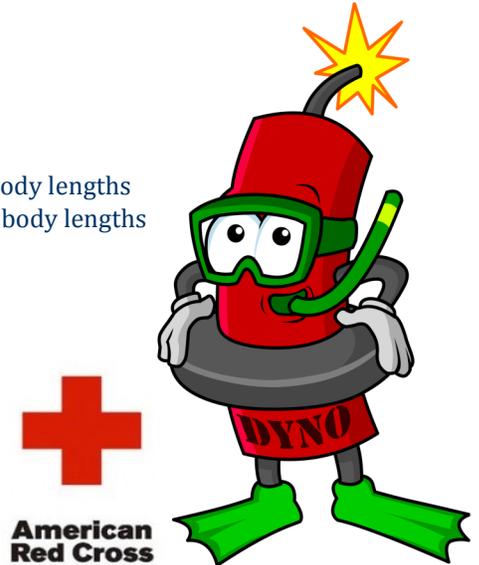
Instructor's Name: \_\_\_\_\_

Level swimmer should register for: \_\_\_\_\_

Date Completed: \_\_\_\_\_

## Level Three: Stroke development

- Enter water by jumping in from the side (into deep water), fully submerge, then recover to the surface and return to the side
- Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
- Bobbing while moving to safety - demonstrate 15 times (chest deep water)
- Rotary breathing - demonstrate 15 times
- Survival float on front for 30 seconds
- Back float for 1 minute (in deep water)
- Change from vertical to horizontal position on front (deep water)
- Change from vertical to horizontal position on back (deep water)
- While in a vertical position, rotate 1 full turn (deep water)
- Tread water for 1 minute (deep water)
- Push off in a streamlined position on front, then begin flutter kicking for 3-5 body lengths
- Push off in a streamlined position on front, then begin dolphin kicking for 3-5 body lengths
- Front crawl for 15 yards
- Breaststroke kick for 15 yards
- Elementary back stroke for 15 yards
- Scissors kick for 15 yards
- Water safety skills:
  - Reach or throw, don't go
  - Think twice before going near cold water or ice
  - Look before you leap
  - Developing breath control safely
  - Making good decisions - choosing an exit point



### Exit Skills:

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water
- Push off in a streamline position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water

*Instructor's Notes:*

JOIN OUR SWIM TEAMS:  
HERCULES EAST BAY SILVER  
DOLPHINS OR HERCULES PIRANHAS



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