

Level 3

- Jumping into water above head level
- Retrieving an object in 4 feet of water
- Front float with no assistance
- Back float with no assistance
- Front glide with no assistance
- Back glide with no assistance
- Rotating from front float to back float with no assistance
- Rotating from back to front float with no assistance
- Front crawl for 15 yards with no assistance
- Back crawl for 15 yards with no assistance
- Treading water with little to no assistance in 5 feet of water
- Introduction of side glide/ rhythmic breathing
- Sitting dive
- Introduction to breaststroke kick
- Introduction to butterfly kick
- Introduction to Elementary backstroke
- **Safety Skill:** Buddy system