

<b>COURSE:</b>	<b>Learn-to-Swim Level 4—Stroke Development</b>
<b>Course Code—</b>	<b>34904</b>
<b>Purpose</b>	<ul style="list-style-type: none"> <li>To build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice</li> </ul>
<b>Prerequisites</b>	<ul style="list-style-type: none"> <li><i>American Red Cross Learn-to-Swim Level 3: Stroke Development</i> certificate or demonstrate all completion requirements in Level 3</li> </ul>
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>Demonstrate a dive from a compact or stride or stride position on the side of the pool</li> <li>Swim underwater (3 body lengths)</li> <li>Demonstrate a feet-first surface dive and submerge completely</li> <li>Demonstrate a survival float in deep water (1 minute)</li> <li>Demonstrate a back float in deep water (1 minute)</li> <li>Demonstrate an open turn using any stroke on front and push off in a streamlined position</li> <li>Demonstrate an open turn using any stroke on back and push off in a streamlined position</li> <li>Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute)</li> <li>Demonstrate each stroke for the following distances:             <ul style="list-style-type: none"> <li>Front crawl—25 yards</li> <li>Back crawl—25 yards</li> <li>Butterfly— 15 yards</li> <li>Breaststroke—15 yards</li> <li>Elementary backstroke—15 yards</li> </ul> </li> <li>Swim on side using scissor-like kick—15 yards</li> <li>Discuss rules for safe diving</li> <li>Demonstrate a compact jump from a height while wearing a lifejacket</li> <li>Demonstrate a throwing assist</li> <li>Demonstrate how to care for a conscious choking victim</li> </ul>
<b>Length</b>	No minimum number of hours suggested
<b>Instructor</b>	Currently authorized Water Safety (r.04) instructor.
<b>Certification Requirements</b>	<p>Successfully complete the following exit skills assessment:</p> <ol style="list-style-type: none"> <li>Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling), and swim</li> </ol>

elementary backstroke for 15 yards

2. Swim breaststroke 15 yards, tread water for 1 minute, swim back crawl 25 yards.

---

**Certificate Issued  
and Validity Period**

Learn -to-Swim Level 4—Stroke Improvement

**Participant  
Materials**

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