



### **3<sup>rd</sup> level**

#### **WATER ADJUSTMENT**

- Grab multiple objects off pool bottom
- Jump into shallow water independently
- Deep water bobs fully submerged
- Swimming underwater 5 yards
- Forward flips with inside arms and no water up nose

#### **FRONTCRAWL**

- shark fin
- Skating: 3-2-1-0
- Proper head position when breathing
- Putting the whole stroke together

#### **SCULLING**

- Tread water for 30 seconds
- Sculling while riding noodle horsey style
- Press and release motion

#### **DIVING**

- Sit Dive
- Kneel Dive

#### **SAFETY**

- Pool and facility rules
- Reaching Assists
- No running in the pool area

#### **HOMEWORK TIPS**

1. Forward flips on bed with inside arms and finish streamlined
2. Shark fin drill on floor
3. Standing backstroke arms in front of mirror