



4th level

WATER ADJUSTMENT

- Swimming underwater 10 yards
- Swimming underwater in deep water
- Swimming forward flips with inside arms and no water up nose

FRONT CRAWL

- '33'
- Catch up and focus on timing
- Reach wall : focus on rotation to side and reaching

BACKSTROKE:

- '33'
- Catch up and focus on timing
- Reach wall: focus on rotation to side and reaching

BUTTERFLY / BREASTSTROKE

- Head lead body dolphin
- Hand lead body dolphin
- Press and Release from sculling
- Breaststroke kick at wall and with kickboard

SCULLING

Tread water for 2 minutes

Head first on back, hands at side

DIVING

- Standing front dive

SAFETY

- Pool and facility rules
- Deep water lifejackets
- Diving Safety

HOMEWORK TIPS

1. Stripe drill motion on floor
2. Standing, bent at waist, freestyle arms in front of mirror
3. Standing backstroke arms in front of mirror
4. Breaststroke kick, legs hanging off of your bed

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