**Level 4: Stroke Improvement**

Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III. The objective of Level IV is to develop confidence in the strokes learned thus far and to improve aquatic skills. Students are taught to improve their skills and increase their   endurance by swimming familiar strokes (front crawl & backstroke) for greater distances. Students add the arms to the scissors kick for the sidestroke and also start to learn the back crawl, breaststroke, butterfly, and the basics of turning at a wall.

**Cost: $30/City; $42/Non-city**

**Skills:**

* Headfirst entry from the side in a compact position (in water at least 9-feet deep)
* Headfirst entry from the side in a stride position (in water at least 9-feet deep)
* Swim under water, 3-5 body lengths
* Feetfirst surface dive, submerging completely
* Survival swimming (30 seconds)
* Front crawl open turn
* Backstroke open turn
* Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
* Front crawl, 25 yards
* Breaststroke, 15 yards
* Butterfly, 15 yards
* Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths
* Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths
* Elementary backstroke, 25 yards
* Back crawl, 15 yards
* Sidestroke, 15 yards

**Exit Skills Assessment:**

* **Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards**
* **Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.**