



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Learn-to-Swim Level 4—Stroke Improvement
Course Code—	34904
Purpose	<ul style="list-style-type: none"> ▪ To build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice
Prerequisites	<ul style="list-style-type: none"> ▪ <i>American Red Cross Learn-to-Swim Level 3: Stroke Development</i> certificate or demonstrate all completion requirements in Level 3
Learning Objectives	<ul style="list-style-type: none"> ▪ Demonstrate a dive from a compact or stride or stride position on the side of the pool ▪ Swim underwater (3 body lengths) ▪ Demonstrate a feet-first surface dive and submerge completely ▪ Demonstrate a survival float in deep water (1 minute) ▪ Demonstrate a back float in deep water (1 minute) ▪ Demonstrate an open turn using any stroke on front and push off in a streamlined position ▪ Demonstrate an open turn using any stroke on back and push off in a streamlined position ▪ Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute) ▪ Demonstrate each stroke for the following distances: <ul style="list-style-type: none"> • Front crawl—25 yards • Back crawl—25 yards • Butterfly— 15 yards • Breaststroke—15 yards • Elementary backstroke—15 yards ▪ Swim on side using scissor-like kick—15 yards ▪ Discuss rules for safe diving ▪ Demonstrate a compact jump from a height while wearing a lifejacket ▪ Demonstrate a throwing assist ▪ Demonstrate how to care for a conscious choking victim
Length	No minimum number of hours suggested
Instructor	Currently authorized Water Safety (r.04) instructor.
Certification Requirements	<p>Successfully complete the following exit skills assessment:</p> <ol style="list-style-type: none"> 1. 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 elementary backstroke for 15 yards 2. Swim breaststroke 15 yards, tread water for 1



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	minute, swim back crawl 25 yards.
Certificate Issued and Validity Period	Learn -to-Swim Level 4—Stroke Improvement
Participant Materials	<i>Waddles in the Deep</i> : American Red Cross Learn-to-Swim Level 3 and 4 (StayWell Stock No. 651308) (Recommended, but not required)