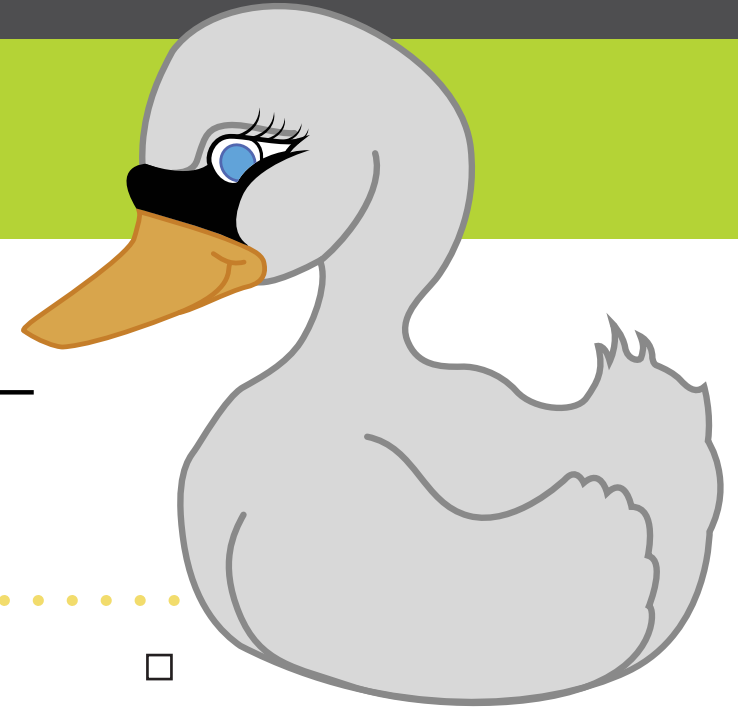




Level 4 Advanced



Level 4 Advanced

This is my record of Swimming Knowledge:

- Headfirst entry - compact and stride positions
- Feet First surface dives
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Continuous swimming 25 yards+ for all primary strokes
- Elementary backstroke 25 yards+
- Sidestroke 15 yards+
- Push off wall streamlined on front and back, 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on board
- Water Safety