

#### **Level IV: Stroke Development (Deep water lesson)**

- Standing dive from side of pool
  - Activity: Start with “frog dives”
- Elementary freestyle with arm circles and side breathing for 15 yards
- Elementary backstroke for 15 yards
- Front & back stroke (survival swim) 25 yards (entire length of pool)
  - Make sure they can swim the whole length of the pool. It does not have to look pretty J but you are building stamina
- Breaststroke & Dolphin kick with kickboard

#### **Level V: Refer to swim team or private lessons**