

Level 3 Goldfish

In order to pass/move to the next level the following skills must be met:

Enter pool by jumping into deep end
Bob 10 consecutive times
Treat for 30 sec
Front crawl Independently 1 length
Back crawl independently 1 length
Front crawl 1/2 length, turn back crawl 1/2 length
Complete a sitting dive independently
Pick up submerged object from 6' plus
Survival float for 30 sec

Other skills that will be explored:

Rotary breathing
Kneeling Dive
Front and back glide
Diving rules
Water safety rules