

**AMERICAN RED CROSS SWIMMING  
LEVEL 4: STROKE IMPROVEMENT**

| SKILL   | COMPLETION REQUIREMENT   |
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| <p><b>Water Entry and Exit</b><br/>Dive from side in a compact or stride position</p>   | <p>Demonstrate, in water at least 9 feet deep</p>  |
| <p><b>Breath Control and Underwater Swimming</b><br/>Swim underwater (no hyperventilation)<br/>Feet-first surface diver</p>   | <p>Demonstrate, at least 3 body lengths<br/>Demonstrate, submerging completely</p>   |
| <p><b>Buoyancy on Front</b><br/>Survival float</p>  | <p>Demonstrate, at least 1 minute in deep water</p>  |
| <p><b>Buoyancy on Back</b><br/>Back float</p>   | <p>Demonstrate, at least 1 minute in deep water</p>  |
| <p><b>Changing Direction and Positions</b><br/>Open turn using any stroke on front and push off in streamlined position<br/>Open turn on back and push off in streamlined position</p>  | <p>Demonstrate, then glide at least 2 body lengths before stroking<br/>Demonstrate, then glide at least 2 body lengths before stroking</p> |
| <p><b>Treading</b><br/>Tread water using modified scissors, breaststroke, or rotary kick and sculling arm motions</p>   | <p>Demonstrate, at least 1 minute</p>  |
| <p><b>Swim on Front</b><br/>Front crawl<br/>Breaststroke<br/>Butterfly</p>  | <p>Demonstrate, at least 25 yards<br/>Demonstrate, at least 15 yards<br/>Demonstrate, at least 15 yards</p>                                |
| <p><b>Swim on Back</b><br/>Back crawl<br/>Elementary backstroke</p>   | <p>Demonstrate, at least 25 yards<br/>Demonstrate, at least 15 yards</p>   |
| <p><b>Swim on Side</b><br/>Swim on side with scissors kick</p>  | <p>Demonstrate, at least 15 yards, with or without support</p>   |
| <p><b>General and Personal Water Safety</b><br/>Additional rules for safe diving<br/>Compact jump into the water from a height while wearing a life jacket</p>  | <p>Discuss<br/>Demonstrate, in water at least 5 feet deep</p>  |
| <p><b>Helping Others</b><br/>Throwing assist<br/>Care for conscious choking victim</p>  | <p>Demonstrate<br/>Demonstrate</p>   |
| <p><b>Exit Skills Assessment</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.</li> </ol> |  |