

# *SWEENEY'S SCHOOL OF SWIMMING*

## **Level 3 Dolphins**

### **Entries**

- 1. Perform an effective racing dive.*
- 2. Step in/stride entry.*
- 3. Compact jump.*
- 4. Pin Drop.*

### **Skills with and without aids**

- 1. Float on back for one minute.*
- 2. Tread water using egg beater kick for one minute.*
- 3. Swim with clothes on for 25 metres.*
- 4. Float with clothes on for 30 seconds.*
- 5. Pick up and carry an object using side stroke.*
- 6. Grab a rope, towel or pole and be pulled to safety.*
- 7. Throw a rope accurately to a partner and be pulled to safety.*
- 8. Throw a kickboard to a partner and instruct them to kick to safety.*
- 9. Float on front with a kickboard for 30 seconds.*
- 10. Scull on back head first for 25 metres.*
- 11. Scull on back feet first for 10 metres.*

### **Safety/Survival Strokes**

- 1. Swim freestyle, backstroke and breaststroke for at least 50 metres.*
- 2. Swim butterfly for at least 20 metres.*
- 3. Swim survival backstroke for at least 20 metres.*
- 4. Swim side stroke for at least 20 metres.*

### **Safety/Survival Questions**

*Answer a variety of questions related to water safety.*

*This certificate is awarded to \_\_\_\_\_*

*Date: \_\_\_\_\_ Signed: \_\_\_\_\_*