

Level 3 Quiz

1. With Level 3, we can assume everyone is able to swim in the deep end and start by having the kids jump into the deep end.

- True
- False

2. What strokes will participants have to demonstrate in the exit skills assessment?

- Front Crawl & Elementary Backstroke
- Front Crawl & Backstroke
- Front Crawl & Breaststroke
- Front Crawl & Kneeling Dive

3. When teaching diving, what is the progression used?

- Standing Dive, Feet First Surface Dive, Pike Dive
- Sitting Dive, Kneeling Dive, Standing Dive
- Pike Dive, Kneeling Dive, Cannon Ball

4. What are two games we use to teach skills in level three and what skills do they teach?



5. In level 3 we introduce the butterfly stroke

- True
- False