**Mendocino County 4-H Youth Development Program**

**Level III Swimming Proficiency**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To obtain Level III Swimming Proficiency, complete 80% of the following items.

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_\_\_ 1. Demonstrate the ability to swim one thousand yards (forty lengths of the pool)

of freestyle without stopping.

\_\_\_\_\_\_\_\_\_\_ 2. Demonstrate the ability to swim four hundred yards (sixteen lengths of the pool)

of backstroke without stopping.

\_\_\_\_\_\_\_\_\_\_ 3. Demonstrate the ability to swim two hundred yards of butterfly without stopping and

with legal touches, turns, and stroke.

\_\_\_\_\_\_\_\_\_\_ 4. Demonstrate the ability to swim one length of a twenty-five yard pool without a

breath, using any stroke.

\_\_\_\_\_\_\_\_\_\_ 5. Complete the requirements for certification from the American Red Cross in First Aid.

\_\_\_\_\_\_\_\_\_\_ 6. Complete the requirements for certification from the American Red Cross in Cardio-

Pulmonary Resuscitation (CPR).

\_\_\_\_\_\_\_\_\_\_ 7. Participate in two swimming competitions and entering in at least four events in each

competition.

\_\_\_\_\_\_\_\_\_\_ 8. Participate in at least two-relay events ant the same competition.

\_\_\_\_\_\_\_\_\_\_ 9. Participate in an open-water swim of at least one mile.

\_\_\_\_\_\_\_\_\_\_10. Create a swim practice totaling at least two thousand yards and swim that practice

along with other swimmers.

\_\_\_\_\_\_\_\_\_\_11. Help the adult leader run at least three practices for beginning swimmers.

\_\_\_\_\_\_\_\_\_\_12. Participate and complete in the American Red Cross Lifeguarding course.

\_\_\_\_\_\_\_\_\_\_13. Help in the organization of a swimming event or competition.

\_\_\_\_\_\_\_\_\_\_14. Volunteer to clerk or other activity to help in the running a successful swimming

event.

Revised 2014

**Completion of Level III Swimming Proficiency**

The member has successfully completed 80%(11 of 14) of the above items.

Member’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Leader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_