Participants in the Intermediate Adult Swim lesson class will continue stroke development and improve performance in freestyle, backstroke and elementary backstroke and will be introduced to the sidestroke and dolphin kick (butterfly kick).

**Prerequisites:** Completion of Beginner Adult Swim Lessons or equivalent skills

Participants in the Intermediate Adult Swim lesson class will be taught:

- Safe practices in and around water
  - Swimming with a life jacket
  - Swimming with clothes
  - Reach and throw assist
  - Moving to safety without swimming (hopping)
  - Survival floating
  - Skull on back for 30 seconds
- Proper use of swimming equipment (fins, kickboard, and pull buoy)
- Headfirst entry from side of the pool
- Swim underwater for 10 yards
- Rotary breathing
- Perform a feet first surface dive
- Tread water for 30 seconds in deep water
  - Using scissor kick
  - Using breaststroke kick
  - Using rotary kick
- Perform open turns
  - While swimming freestyle
  - While swimming backstroke
- Perform dolphin kick for 10 yards
- Swim all strokes for at least 25 yards (one length)
  - Freestyle
  - Backstroke
  - Elementary Backstroke
  - Breaststroke
  - Sidestroke

All of the above skills must be completed before moving on to the Advanced Adult Swim lesson class.