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**Beginner Swimmer**

[Receive the American Red Cross Level 3 Stroke Development or YMCA equivalent in Swimming–Beginner's OR pass the following requirements:](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#Receive_the_American_Red_Cross_Level_3_Stroke_Development_or_YMCA_equivalent_in_Swimming.E2.80.93Beginner.27s_OR_pass_the_following_requirements:)

1. [**Have completed the Water Safety Honor Requirements**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#1._Have_completed_the_Water_Safety_Honor_Requirements)
2. **[Water Entry Skills:](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner" \l "2._Water_Entry_Skills:)**

[a. Enter water by jumping from the side of the pool, or from into the water from a dock into a safe area for jumping.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Enter_water_by_jumping_from_the_side_of_the_pool.2C_or_from_into_the_water_from_a_dock_into_a_safe_area_for_jumping.)

[b. Headfirst entry from the side in a sitting position.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._Headfirst_entry_from_the_side_in_a_sitting_position.)

[c. Headfirst entry from the side in a kneeling position.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#c._Headfirst_entry_from_the_side_in_a_kneeling_position.)

1. [**Breath Control and Submerging:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#3._Breath_Control_and_Submerging:)

[a. Bobbing while moving toward safety – demonstrate in chest-deep water at least 5 times.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Bobbing_while_moving_toward_safety_.E2.80.93_demonstrate_in_chest-deep_water_at_least_5_times.)

[b. Demonstrate rotary breathing, at least 10 times.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._Demonstrate_rotary_breathing.2C_at_least_10_times.)

1. [**Buoyancy:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#4._Buoyancy:)

[a. On front, demonstrate the survival float, at least 30 seconds in deep water.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._On_front.2C_demonstrate_the_survival_float.2C_at_least_30_seconds_in_deep_water.)

[b. On back, demonstrate moving into a back float in deep water, and hold the float at least 30 seconds.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._On_back.2C_demonstrate_moving_into_a_back_float_in_deep_water.2C_and_hold_the_float_at_least_30_seconds.)

1. [**Changing Positions:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#5._Changing_Positions:)

[a. Change from a vertical to horizontal position on the front, in deep water.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Change_from_a_vertical_to_horizontal_position_on_the_front.2C_in_deep_water.)

[b. Change from a vertical to horizontal position on the back, in deep water.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._Change_from_a_vertical_to_horizontal_position_on_the_back.2C_in_deep_water.)

1. [**Treading Water:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#6._Treading_Water:)

[a. Demonstrate treading water for at least 30 seconds in deep water.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner" \l "a._Demonstrate_treading_water_for_at_least_30_seconds_in_deep_water.)

1. [**Front Swim:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#7._Front_Swim:)

[a. Push off in a streamline position, then begin the flutter kick. Kick in streamline position 3-5 body lengths.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Push_off_in_a_streamline_position.2C_then_begin_the_flutter_kick._Kick_in_streamline_position_3-5_body_lengths.)

[b. Push off in a streamline position, then begin the dolphin kick. Demonstrate 3-5 body lengths.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._Push_off_in_a_streamline_position.2C_then_begin_the_dolphin_kick._Demonstrate_3-5_body_lengths.)

[c. Front crawl, at least 15 yards, with good rotary breathing.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#c._Front_crawl.2C_at_least_15_yards.2C_with_good_rotary_breathing.)

[**8. Back Swim:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#8._Back_Swim:)

1. [Elementary backstroke, demonstrate smooth finning and whip kick for at least 15 yards.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner" \l "a._Elementary_backstroke.2C_demonstrate_smooth_finning_and_whip_kick_for_at_least_15_yards.)

[**9. Side Swim:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#9._Side_Swim:)

1. [Demonstrate, at least 10 yards, the side scissors kick.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Demonstrate.2C_at_least_10_yards.2C_the_side_scissors_kick.)

[**10. Water Safety:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#10._Water_Safety:)

[a. Reach or Throw, Don’t Go—reaching assists, demonstrate.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Reach_or_Throw.2C_Don.E2.80.99t_Go.E2.80.94reaching_assists.2C_demonstrate.)

[b. Think Twice Before Going Near Cold Water or Ice—discuss/demonstrate.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#b._Think_Twice_Before_Going_Near_Cold_Water_or_Ice.E2.80.94discuss.2Fdemonstrate.)

[c. Look Before You Leap—understand and demonstrate.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#c._Look_Before_You_Leap.E2.80.94understand_and_demonstrate.)

[**11. Passing Skills:**](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#11._Passing_Skills:)

[a. Jump into chest-deep water from the side, swim front crawl for 15 yards, maintain positions by treading water or floating for 30 seconds, and swim elementary backstroke for 15 yards.](http://wiki.pathfindersonline.org/w/Adventist_Youth_Honors_Answer_Book/Recreation/Swimming_-_Beginner#a._Jump_into_chest-deep_water_from_the_side.2C_swim_front_crawl_for_15_yards.2C_maintain_positions_by_treading_water_or_floating_for_30_seconds.2C_and_swim_elementary_backstroke_for_15_yards.)