Swimming - Level 3

The Backstroke: This is the sole competitive swim stroke swum on the back. Slower than butterfly but faster than breast stroke, it is often prescribed by doctors to patients that suffer from back pain.

The Butterfly Stroke: This is the second fastest and most exhausting of all swim strokes. However, swimming a few lengths of butterfly is a lot of fun because its movements are unlike any other stroke. Plus when you do swim butterfly you always get a lot of attention.

Requirements:

1 – Swim 200 yards/meters using the Freestyle Stroke

2 – Swim 50 yards/meters using the Breast Stroke

3 – Swim 100 yards/meters using the Backstroke

4 - Swim 50 yards/meters using the Butterfly Stroke

5 – Tread water for 30 minutes