The Seal Intermediate Advanced Level is designed to begin the refining and advancing of swimming techniques for children 7-11 years old. Children gain confidence as their swimming improves. Below are the skills covered during Seal Swim Lessons.

**Prerequisite:** Demonstration of Stingray skills.

**Water Entry and Exit**
- Dive from compact or stride position

**Breath Control and Underwater Swimming**
- Swim underwater
- Feet- first surface dive

**Buoyancy on Front and Back**
- Survival float
- Buoyancy on back
- Back float
- Recover from front float to standing position

**Changing Direction and Position**
- Open turn on front and back, then push off in streamlined position

**Treading Water**
- Tread water using scissors, breaststroke, or rotary kick and sculling arms

**Swim on Front and Back**
- Front and back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Swim on side with scissor kick

**General and Personal Water Safety**
- Safe diving rules
- Throwing assist
- Care of conscious choking victim