

Level 5: Advanced Stroke Refinement

Skills

- Performing a shallow-angle dive into deep water
- Tuck-surface dive
- Pike-surface dive
- Tread water for 5 minutes
- Sculling

Swimming:

- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Back flip turn

Exit Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards
- Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards

Safety Focus

- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide