



SKILLS CHECKLIST

Learn-to-Swim Level 5

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Shallow-angle dive from the side (in water at least 9 feet deep)

Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9 feet deep)

Tuck surface dive, submerging completely

Pike surface dive, submerging completely

Front flip turn while swimming

Backstroke flip turn while swimming

Tread water, 5 minutes

Front crawl, 50 yards

Breaststroke, 25 yards

Butterfly, 25 yards

Elementary backstroke, 50 yards

Back crawl, 25 yards

Standard scull, 30 seconds

Sidestroke, 25 yards

Safety Topics

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

Exit Skills Assessment

1. 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.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.