

Outlines for Learn-to-Swim Levels

Level 5—Stroke Refinement

Equipment	
<ul style="list-style-type: none"> ■ U.S. Coast Guard–approved life jackets (correct sizes for the students) ■ Kickboards or other flotation devices for drills 	
Skill	Completion Requirement
Water Entry and Exit Shallow dive from the side Shallow dive, glide two body lengths and begin any front stroke	Demonstrate, in water at least 9 feet deep Demonstrate, in water at least 9 feet deep
Breath Control and Underwater Swimming Swim underwater (no hyperventilation) Tuck and pike surface dives	Demonstrate, at least 15 yards Demonstrate, submerging completely
Buoyancy on Front Survival float	Demonstrate, at least 2 minutes
Buoyancy on Back Back float	Demonstrate, at least 2 minutes
Changing Direction and Position Flip turn while swimming on front Flip turn while swimming on back	Demonstrate Demonstrate
Treading Tread water using two different kicks (scissors, breaststroke or rotary)	Demonstrate, at least 2 minutes
Swim on Front Front crawl Butterfly Breaststroke	Demonstrate, at least 50 yards Demonstrate, at least 25 yards Demonstrate, at least 25 yards
Swim on Back Back crawl Elementary backstroke	Demonstrate, at least 50 yards Demonstrate, at least 25 yards

Skill	Completion Requirement
Swim on Side Sidestroke	Demonstrate, at least 25 yards
General and Personal Water Safety Survival swimming	Demonstrate, 2 minutes
Helping Others Rescue breathing	Demonstrate
Exit Skills Assessment <ol style="list-style-type: none"> 1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards. 	