

# LEARN TO SWIM

## Level 5 - Stroke Refinement

Instructor: \_\_\_\_\_

Swimmer: \_\_\_\_\_

<b>SKILLS</b>	Pass	Needs Improvement
Shallow-angle dive from the side (in water at least 9 feet deep)		
Shallow-angle dive, glide 2 to 3 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		
Tread water, using legs only, 2 minutes		
Front crawl, 50 yards		
Breaststroke, 25 yards		
Butterfly, 25 yards		
Elementary backstroke, 50 yards		
Back crawl, 25 yards		
Standard (back) scull, 30 seconds		
Sidestroke, 25 yards		

<b>EXIT SKILLS ASSESSMENT</b>	Pass	Needs Improvement
1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.		
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.		

- COMMENTS -

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