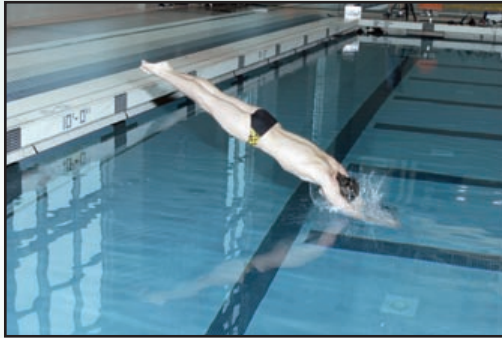


Stroke Refinement

LEVEL 5



- Shallow dive from the side
- Shallow dive, glide two body lengths and begin any front stroke



- Swim underwater, 15 yards
- Tuck surface dive
- Pike surface dive



- Survival float, 2 minutes
- Back float, 2 minutes
- Survival swimming, 2 minutes



- Flip turn on front
- Flip turn on back
- Tread water—kick one, 2 minutes
- Tread water—kick two, 2 minutes



- Front crawl, 50 yards
- Butterfly, 25 yards
- Breaststroke, 25 yards



- Rescue breathing

Name: _____

Instructor: _____

Date: _____

Location: _____



- Back crawl, 50 yards
- Elementary backstroke, 25 yards
- Sidestroke, 25 yards

Exit Skills Assessment

- 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.