



LEARN-TO-SWIM LEVEL 5 STROKE REFINEMENT

Here's a list of all the skills you completed
in Level 5 of the **American Red Cross**
Learn to Swim program.

Core Skills

1. Racing dive (shallow angle dive from the side in water at least 9 feet deep)
2. Racing dive (in water at least 9 feet deep), glide 2-3 body lengths, and begin any front stroke
3. Tuck surface dive, submerging completely
4. Pike surface dive, submerging completely
5. Front flip turn
6. Backstroke flip turn
7. Tread water—5 minutes
8. Tread water, using legs only—2 minutes
9. Front crawl—50 yards
10. Breaststroke—25 yards
11. Butterfly—25 yards
12. Elementary backstroke—50 yards
13. Back crawl—25 yards
14. Sculling on back—30 seconds
15. Sidestroke—25 yards

Safety Topics

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

Exit Skills Assessment

23. Perform a racing 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.
24. Swim breaststroke for 25 yards, change direction of travel and position as necessary and swim back crawl for 15 yards.
23. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.



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