

Learn-to-Swim – Level 5

Skill Chart

Water Adjustment, Entry and Exit

- Shallow-angle dive from the side
- Shallow-angle dive, glide 2 body lengths and begin any front stroke

Changing Direction and Position and Treading

- Tread water, 5 minutes
- Front flip turn while swimming
- Backstroke flip turn while swimming

Swim on Front and Back

- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards

