

Learn to Swim

Level 5

Skills:

- _____ Shallow angle dive from the side (in water at least 9 feet deep)
- _____ Shallow angle dive from the side, **glide 2 body lengths** and begin swimming 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**
- _____ Front crawl, **50 yards**
- _____ Elementary backstroke, **50 yards**
- _____ Breaststroke, **25 yards**
- _____ Butterfly, **25 yards**
- _____ Back crawl, **25 yards**
- _____ Sidestroke, **25 yards**
- _____ Standard scull, **30 seconds**

Safety Topics:

- _____ How to call for help and the importance of knowing first aid and CPR
- _____ Recreational water illnesses
- _____ Reach or throw, don't go
- _____ Look before you leap
- _____ Think so you don't sink
- _____ Think twice before going near cold water or ice
- _____ Wave, tide or ride, follow the guide

Exit Skills:

- _____ Perform a shallow angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- _____ Swim breaststroke for 25 yards, change direction and position or travel as necessary and swim back crawl for 25 yards.

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____