

Level V

Stroke Refinement

- Alternate breathing
- Stride jump entry
- Beginner diving progression from diving board
- Long shallow dive
- Breaststroke (10 yards)
- Sidestroke (10 yards)
- Swimming under water (3 body lengths)
- Elementary backstroke (25 yards)
- Butterfly Dolphin kick (10 yards)
- Front crawl (50 yards)
- Back crawl (50 yards)
- Open turn on front
- Open turn on back
- Rules of safe diving from board
- Recognition of spinal injury
- Hip/shoulder support for spinal injury victim
- Feet-first surface dive
- Tread water (2 minutes total with 2 different kicks)