

Level 5

- Jumping into 12 feet of water
- Retrieving an object in mid-depth water
- Combine front glide into front crawl
- Combine back glide into back crawl
- Front crawl for 1 lap (50 yards) with 3 stroke rhythmic breathing
- Back crawl for 1 lap (50 yards)
- Elementary backstroke for 1 lap (25 yards)
- Breaststroke for 1 lap (25 yards)
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Treading water in 12 feet of water for 2 minutes with no assistance
- Introduction to different kicks used for treading water
- Standing dive
- Introduction to surface dives (feet first/pike/tuck)
- Open turns
- Introduction to flip turns
- **Safety Skill:** Looking before you enter into the water