

# Level 5

Must be able to successfully complete all listed skills prior to entering Level 6

Shallow-angle dive from side in water at least 9ft deep
Shallow angle dive, glide 2 body lengths & begin any front stroke in water at least 9ft 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)
Breaststroke (25 yards)
Butterfly (25 yards)
Elementary backstroke (50 yards)
Back crawl (25 yards)
Standard scull (30 seconds)
Sidestroke (25 yards)
<b>Exit Skills:</b>
1. Perform shallow angle dive into deep water; swim front crawl 50 yards; change direction and position as necessary and swim elementary back stroke for 50 yards.
2. Swim breaststroke for 25 yards; change direction and position as necessary and swim back crawl for 25 yards