



SKILLS CHECKLIST

Learn-to-Swim Level 5

Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Shallow-angle dive from the side (in water at least 9 feet deep)									
Shallow-angle dive, glide 2 body lengths and begin 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											
Breaststroke, 25 yards											
Butterfly, 25 yards											
Elementary backstroke, 50 yards											
Back crawl, 25 yards											
Standard scull, 30 seconds											
Sidestroke, 25 yards											
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											



Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		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 Assessment											
1. 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.											
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.											