

# Learn-to-Swim

## Achievement Card

### Level 5



Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

#### Skills

- 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
- 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

(over)



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(over)



### Exit Skills Assessment

- ❑ 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 of travel as necessary and swim back crawl for 25 yards.

### Exit Skills Assessment

- ❑ 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 of travel as necessary and swim back crawl for 25 yards.