

Stewartville Pool Swim Program

Level 5

Swimmer's Name: _____

Date: _____

Instructor: _____

Skills:

- Front crawl, 100 yards
- Back crawl, 50 yards
- Elementary Backstroke 50 yards
- Breaststroke, 50 yards
- Sidestroke, 25 yards
- Standing Dive in deep water
- Treading, 5 minutes
- Treading water with only legs, 2 minutes
- Sculling, 1 minute
- Surface dives to retrieve an object (tuck and pike)
- Open turns front and back
- Introduction to flip turns front and back
- Butterfly, 25 yards (Optional)



Safety:

- Practice safe skills around water
- Call during emergency
- Wear sunscreen
- Look before entering different depths of water
- Know safety for different types of water (wave, tide, cold, ice)
- Start to understand First Aid/CPR and when to use
- Be smart, use a Shepherds Crook

Strengths:

Areas to work on:

Next recommended swimming lessons level: _____

