

### ***Level 5 Skills***

- Shallow-angle dive from the side (in water at least 9 feet deep)
- Shallow-angle dive, glide 2 to 3 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
- Tread water, using legs only, 2 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard back 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

### ***Exit Skills Assessment***

1. Perform a shallow-angle dive into deep water at least 9 ft deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.