



Levels 5 & 6

Stroke Refinement and Stroke Proficiency

Level 5: Stroke Refinement

Purpose: Continue stroke refinement of front crawl, backstroke and breaststroke; introduce butterfly, surface dives and diving from starting block

Exit Assessment:

- ___ Understand rules for safe diving from side of pool and starting blocks
- ___ Demonstrate basic dive from side of pool
- ___ Demonstrate alternate breathing with front crawl
- ___ Swim under water at least 3 body lengths
- ___ Tread water 2 minutes with 2 different kicks
- ___ Breaststroke, 10 yards
- ___ Dolphin kick, 10 yards
- ___ Front crawl with side breathing, 50 yards
- ___ Backstroke, 50 yards
- ___ Open turn on front and back

Level 6: Stroke Proficiency

Purpose: Develop maximum efficiency and endurance for all four racing strokes (Fly, Back, Breast and Free); introduce flip turns.

Exit Assessment:

- ___ Breaststroke turn
- ___ Breaststroke pull-down
- ___ Flip turn for front crawl
- ___ Flip turn for backstroke
- ___ Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands
- ___ Perform dive from starting block
- ___ Front crawl, 100 yards with flip turns
- ___ Back crawl, 100 yards with flip turns
- ___ Breaststroke, 25 yards
- ___ Butterfly, 25 yards

Instructor

Date