

Level V: Stroke Refinement

Purpose: Continue stroke refinement; introduce butterfly, surface dives and diving from starting block

- Understand rules for safe diving from side of pool and starting blocks
- Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke
- Demonstrate alternate breathing
- Swim under water 3 body lengths
- Tread water 2 minutes with 2 different kicks
- Demonstrate basic dive from side of pool
- Perform the following:
 - Feet-first surface dive
 - Breaststroke, 10 yards
 - Sidestroke, 10 yards
 - Elementary backstroke, 25 yards
 - Dolphin kick, 10 yards
 - Front crawl, 50 yards
 - Back crawl, 50 yards
 - Open turn on front and back

Level VI: Stroke Proficiency

Purpose: Develop maximum efficiency and endurance for strokes; introduce flip turns.

- Perform turns:
 - Speed turn and pull-out for breaststroke
 - Breaststroke turn
 - Flip turn for front crawl and backstroke
- Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands
- Perform dive from starting block
- Perform the following:
 - Front & back crawls, 100 yards each, with turns
 - Breaststroke, 25 yards
 - Butterfly, 10 yards