

Course: Learn to Swim Level 5: Stroke Refinement

Purpose

To further learn how to coordinate and refine strokes

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 4: Fundamental Aquatic Skills certificate
- OR
- Successful demonstration of all completion requirements from Level 4

Learning Objectives

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. 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.
 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Certificate Issued and Validity Period

Learn-to-Swim Level 5: Stroke Development – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)