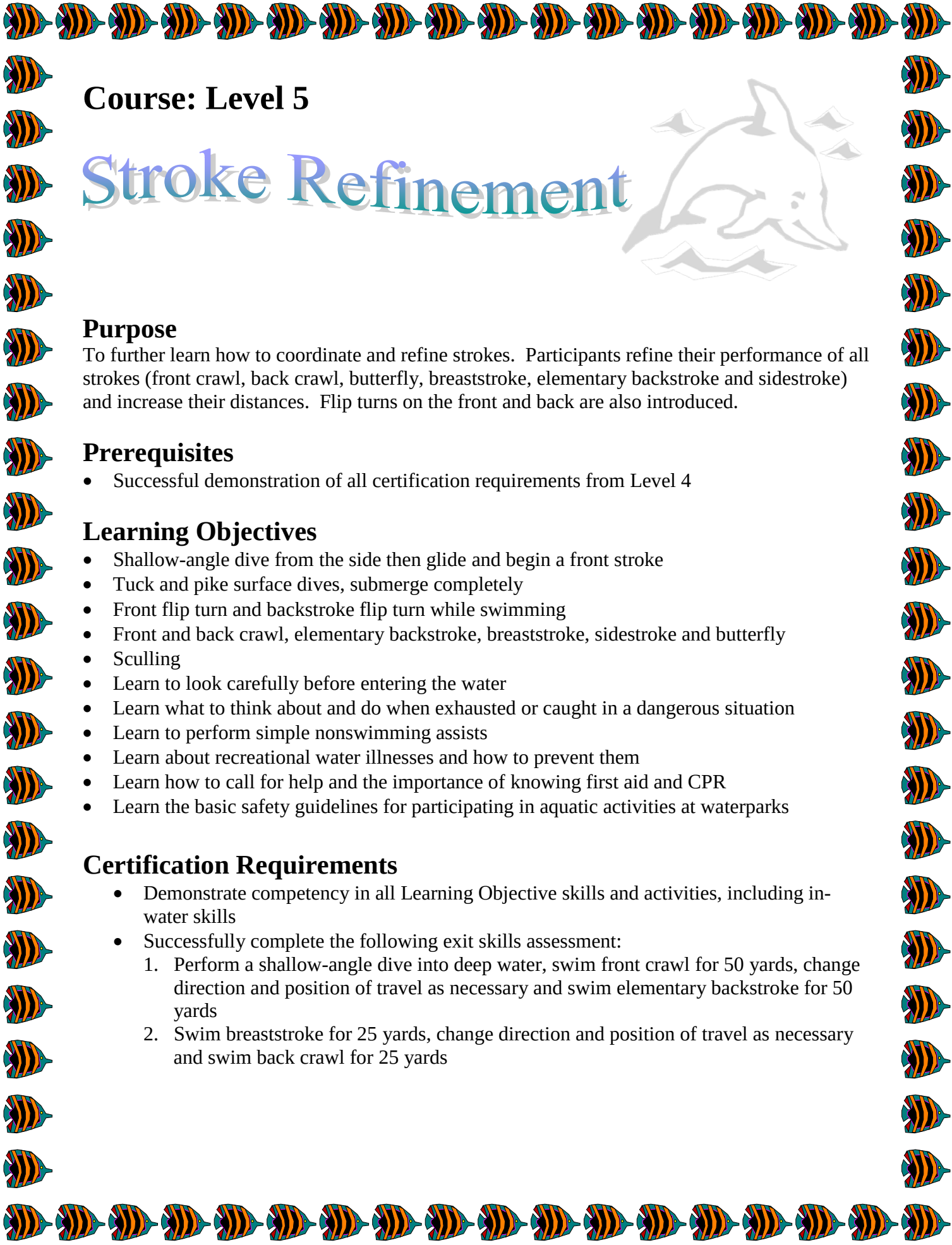
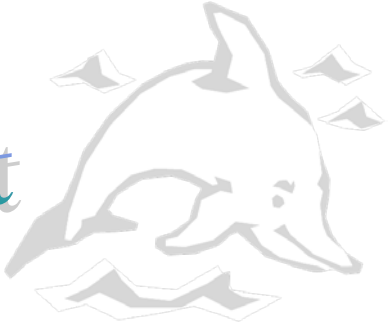




Course: Level 5

Stroke Refinement



Purpose

To further learn how to coordinate and refine strokes. Participants refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Prerequisites

- Successful demonstration of all certification 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 the basic safety guidelines for participating in aquatic activities at waterparks

Certification Requirements

- Demonstrate competency in all Learning Objective 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