



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

| | |
|---|---|
| COURSE: | Learn-to-Swim Level 5: Stroke Refinement |
| Course Code: | 34905 |
| Purpose | <ul style="list-style-type: none"> ▪ To build on the skills in Level 4 by providing additional guided practice |
| Prerequisites | <ul style="list-style-type: none"> ▪ <i>American Red Cross Learn-to-Swim Level 4: Fundamental Aquatic Skills</i> certificate or demonstrate all completion requirements in Level 4 |
| Learning Objectives | <ul style="list-style-type: none"> ▪ Demonstrate a shallow dive from the side ▪ Demonstrate a shallow dive, glide two body lengths and begin any front stroke ▪ Swim underwater (15 yards) ▪ Demonstrate a tuck and pike surface dive, submerging completely ▪ Demonstrate a survival float (2 minutes) ▪ Demonstrate a back float (2 minutes) ▪ Demonstrate a flip turn while swimming on front ▪ Demonstrate a flip turn while swimming on back ▪ Tread water using two different kicks (scissors, modified breast, or rotary kick) (2 minutes) ▪ Demonstrate the following strokes <ul style="list-style-type: none"> • Front crawl–50 yards • Back Crawl–50 yards • Butterfly–25 yards • Breaststroke–25 yards • Elementary backstroke–25 yards • Sidestroke–25 yards ▪ Demonstrate survival swimming (2 minutes) ▪ Demonstrate rescue breathing |
| Length | No minimum number of hours suggested (required?) |
| Instructor | Currently authorized Water Safety (r.04) instructor. |
| Certification Requirements | <p>Successfully complete the following exit skills assessment:</p> <ol style="list-style-type: none"> 1. Perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards. |
| Certificate Issued and Validity Period | Learn-to-Swim Level 5: Stroke Development |
| Participant | <i>American Red Cross Swimming and Water Safety Manual</i> |



Together, we can save a life

Fact Sheet

Health and Safety Services

Materials

(StayWell Stock No. 651300) (Recommended, but not required)