

West Shore Recreation Commission - American Red Cross Swimming Lessons

Level 5 – Skills Checklist

Name: _____ **Instructor:** _____

This checklist was designed to help you, your child, and the instructor acknowledge the skills learned (checked items), and identify the skills needed to pass Level 5.

- 1. Shallow-angle dive from the side (in water at least 9 feet deep) _____
- 2. Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke (in water at least 9 ft.) _____
- 3. Tuck surface dive, submerging completely _____
- 4. Pike surface dive, submerging completely _____
- 5. Front flip turn while swimming _____
- 6. Backstroke flip turn while swimming _____
- 7. Tread water, 5 minutes _____
- 8. Tread water, using legs only, 2 minutes _____
- 9. Front crawl, 50 yards _____
- 10. Breaststroke, 25 yards _____
- 11. Butterfly, 25 yards _____
- 12. Elementary backstroke, 50 yards _____
- 13. Back crawl, 25 yards _____
- 14. Standard scull, 30 seconds _____
- 15. Sidestroke, 25 yards _____
- Safety**
- 16. How to call for help and the importance of knowing first aid and CPR _____
- 17. Recreational water illnesses _____
- 18. Reach or throw, don't go _____
- 19. Look before you leap _____
- 20. Think so you don't sink _____
- 21. Think twice before going near cold water or ice _____
- 22. Wave, tide or ride, follow the guide _____

Exit Skills Assessment

- 1. Perform a shallow-angle dive into at least 9 ft. deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. _____
- 2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout. _____

Comments: _____

Your child: _____ **should repeat level 5** _____ **has completed all skills for level 5**