

**AMERICAN RED CROSS SWIMMING
LEVEL 5: STROKE REFINEMENT**

SKILL	COMPLETION REQUIREMENT
Water Entry and Exit Shallow dive from side Shallow dive, glide two body lengths and begin any front stroke	Demonstrate, in water at least 9 feet deep Demonstrate, in water at least 9 feet deep
Breath Control and Underwater Swimming Swim underwater (no hyperventilation) Tuck and pike surface dives	Demonstrate, at least 15 yards Demonstrate, submerging completely
Buoyancy on Front Survival float	Demonstrate, at least 2 minutes
Buoyancy on Back Back float	Demonstrate, at least 2 minutes
Changing Direction and Positions Flip turn while swimming on front Flip turn while swimming on back	Demonstrate Demonstrate
Treading Tread water using two different kicks (scissors, breaststroke, or rotary)	Demonstrate, at least 2 minutes
Swim on Front Front crawl Butterfly Breaststroke	Demonstrate, at least 50 yards Demonstrate, at least 25 yards Demonstrate, at least 25 yards
Swim on Back Back crawl Elementary backstroke	Demonstrate, at least 50 yards Demonstrate, at least 25 yards
Swim on Side Sidestroke	Demonstrate, at least 25 yards
General and Personal Water Safety Survival swimming	Demonstrate, 2 minutes
Helping Others Rescue breathing	Demonstrate
Exit Skills Assessment <ol style="list-style-type: none"> 1. Perform a shallow dive into deep water, swim front crawls for 50 yards, maintain position on back for 2 minutes in deep water (float or skull) 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. 	