LEVEL 5 – ADVANCED INTERMEDIATE

* Tread water for 3 minutes
* Survival float for 3 minutes/survival stroke for 3 minutes
* Stride Jump
* Standing front dive with nice entry and straight legs
* Underwater swimming for 15 yards or across pool and ability to touch bottom of pool in 6 foot
* Review of reaching and extension rescues
* Safety in a variety of swimming areas and a quick discussion of neck and back injuries and when to and not to disrobe in the water
* Artificial respiration. Demonstration and practice and the difference between AR and CPR
* Mastery and 50 yards or one lap of the crawl stroke
* Side stroke for 25 yards
* Breaststroke for 25 yards
* Open Turns
* PFD’s: Jump from low board correctly
* Flip turns, front and back
* Dive off diving board (optional)

**TEST:**

1. Swim 50 yards using crawl stroke and open turns
2. Swim 50 yards using backstroke and open turns
3. Swim 25 yards using side stroke
4. Swim 25 yards using breast stroke
5. Dive, underwater swimming, perform survival float for 3 minutes and swim to safety
6. Swim for 20 minutes non-stop using all four strokes