



## Level V: Stroke Refinement

**Purpose:** Continue stroke refinement; introduce butterfly, surface dives and springboard diving.

Understand rules for safe diving from board  
Know how to recognize spinal injury  
Know hip/shoulder support for spinal injury  
Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke  
Demonstrate alternate breathing  
Swim under water 3 body lengths  
Tread water 2 minutes with 2 different kicks

Demonstrate basic dives:  
Standing front dive from diving board  
Long, shallow dive

Perform the following:  
Feet-first surface dive  
Breaststroke, 10 yards  
Sidestroke, 10 yards  
Elementary backstroke, 25 yards  
Dolphin kick, 10 yards  
Front crawl, 50 yards  
Back crawl, 50 yards  
Stride jump entry  
Open turn on front and back

A Level IV card is required to enroll in this course.