Level VI: Stroke Proficiency

**Purpose:** Develop maximum efficiency and endurance for strokes; introduce flip turns.

Demonstrate throwing assists
Know how to roll a spinal injury victim face up

Perform turns:
- Speed turn and pull-out for breaststroke
- Sidestroke turn
- Breaststroke turn
- Flip turn for front crawl
- Tread water for 3 minutes, 1 minute without hands, 2 minutes with hands
- Demonstrate jump tuck from diving board
- Perform an approach and hurdle on diving board
- Perform pike surface dive & tuck surface dive

Perform the following:
- Front & back crawls, 100 yards each, with turns
- Breaststroke & sidestroke, 25 yards each
- Butterfly, 10 yards
- Breaststroke & sidestroke turns

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