



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.