**Level 5: Stroke Refinement**

Students entering this course must have a Level IV certificate or must be able to demonstrate all the completion requirements in Level IV. The objective of Level V is coordination and refinement of strokes. Participants refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances.  Flip turns on the front and back are also introduced.

**Cost:$30/City; $42/Non-city**

**Skills:**

* Shallow-angle dive from the side (in water at least 9-feet deep)
* Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9-feet deep)
* Tuck surface dive, submerging completely
* Pike surface dive, submerging completely
* Front flip turn while swimming
* Backstroke flip while turning
* Tread water, 5 minutes
* Front crawl, 50 yards
* Breaststroke, 25 yards
* Butterfly, 25 yards
* Elementary backstroke, 50 yards
* Back crawl, 25 yards
* Standard scull, 30 seconds
* Sidestroke, 25 yards

**Exit Skills Assessment:**

* **Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards**
* **Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards**