



# Learn to Swim Level 5

Shallow-angle dive into deep water	Butterfly for 20 yards
Tuck surface dive and Pike surface dive	Sidestroke for 20 yards
Tread water for 5 minutes	Front flip turn and Backstroke flip turn
Tread water, using legs only, for 2 minutes	
Sculling for 30 seconds	Exit Assessment
Front crawl for 40 yards	Perform a shallow-angle dive into deep water, swim front crawl for 40 yards
Elementary backstroke for 40 yards	Then swim elementary backstroke for 40 yards, using appropriate and efficient turning styles throughout.
Breaststroke for 20 yards	Swim breaststroke for 20 yards, change direction and position of travel as necessary.
Back crawl for 20 yards	Swim back crawl for 20 yards, using appropriate and efficient turning styles throughout

