



City of Greenfield Parks & Recreation  
**AMERICAN RED CROSS AQUATICS PROGRAM**  
**Learn-to-Swim: LEVEL 5**

Swimmer's First Name: \_\_\_\_\_

Swimmer's Last Name: \_\_\_\_\_

Year: \_\_\_\_\_ Rec Trac Course #: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

**KEY**  
 P = Pass  
 F = Fail  
 NW = Needs Work  
 N/A = Not Applicable

**SWIM SKILLS**

Long shallow dive	
Long shallow dive, glide, and breakout to begin swimming	
Elementary backstroke (50 yards)	
Backstroke (25 yards)	
Front crawl (50 yards)	
Sidestroke (25 yards)	
Butterfly (25 yards)	
Breaststroke (25 yards)	
Flip turn on front	
Flip turn on back	
Sculling (3 body lengths)	
Swim underwater (15 yards)	
Tuck surface dive	
Pike surface dive	
Tread water for 5 minutes using any kicks	
Back float for 2 minutes	
Tread water for 2 minutes just kicking	

Next level to enroll in:

**PUTTING IT TOGETHER**

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 backstroke for 25 yards	

**PERSONAL SAFETY AND RESCUE SKILLS**

Survival float for 2 minutes	
Survival swimming for 2 minutes	
How to call for help and the importance of first-aid and CPR	
Recreational water illness	
Reach or throw don't go	
Look before you leap	
Think so you don't sink	
Think twice before going near cold water or ice	
Wave, tide, or ride follow the guide	

**INSTRUCTOR COMMENTS:**

