

Level 5

Instructor's Name:	Participant's Names:							
Date:		1	2	3	4	5	6	7
Time:								8
Dive from block and swim 50 meters.								
Survival swimming 30 meters.								
Open and flip turn, on front and back.								
Breaststroke 30 meters.								
Butterfly for 30 meters.								
Sidestroke with scissor kicks 15 meters.								
Front and Back glide in streamline position.								
Tread water for 2 minute								
Front crawl for 50 meters with side breathing.								
Back crawl for 50 meters.								
Elementary back stroke for 30 meters.								
Swim underwater for 3-5 body lengths.								
Surface dives.								
Survival floats for 2 minutes.								
Water safety rules.								

Notes: