

Nevada Parks and Recreation

Group Swim Lesson Program

Water Basics - Level 5

Participant must have completed Water Basics Level 4

Level 5 -

- 1. Streamline Front Crawl 50 yards**
- 2. Streamline Back Crawl 50 yards**
- 3. Streamline Elementary Back Stroke 50 yards**
- 4. Breast Stroke 25 yards**
- 5. Side Stroke 25 yards**
- 6. Headfirst entry standing**
- 7. Tuck and Pike Surface dives complete submersion**
- 8. Sculling 30 seconds**
- 9. Treading water for 3 minutes**
- 10. Shallow water dive**

Exit Skills: *Perform a shallow angle dive into deep water, swim front crawl 50 yards and Elementary Back Stroke 50 yards.*

Swim Breast Stroke 25 yards, change direction and swim Back Crawl for 25 yards.



CITY OF NEVADA
**PARKS &
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