**Level Five Skills**

1. Swim Front crawl, with rotary breathing, for 50 yards
2. Swim back crawl for 50 yards
3. Swim breast stroke, with proficient breathing, for 50 yards
4. Swim elementary back stroke for 50 yards
5. Swim butterfly for 25 yards
6. Swim sidestroke for 25 yards
7. Demonstrate shallow water and deep water dives off the side and diving board
8. Retrieve a submerged object in deep water using a surface dive
9. Flip turns
10. Tread water for 5 minutes