



**STARFISH**  
AQUATIC CLUB, INC.

**LEVEL 5 - STROKE REVISION**

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SKILL	COMPLETED
Diving in water at least 6 feet deep and swimming 25-50 yards	
Diving off a starting block successfully	
Surface dive in deep water	
Freestyle for 100 yards (or more)	
Backstroke for 100 yards (or more)	
Breaststroke for 25-50 yards (or more)	
Streamline for all strokes	
Elementary backstroke for 50 yards or more	
Butterfly for 25-50 yards (or more)	
Open turns for breaststroke or butterfly	
Introduction to freestyle and backstroke flip turns	
Introduction to individual medley (100 yards)	
Streamline position kicking for all strokes	
Introduction to drills for specific strokes	

Once your student has successfully completed a skill, put a check mark in the completed column. Make sure to give your student praise when they have accomplished a new skill!