



SKILLS CHECKLIST

Learn-to-Swim Level 6

Personal Water Safety

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Front crawl, 100 yards
Elementary backstroke, 100 yards
Back crawl, 50 yards
Breaststroke, 50 yards
Sidestroke, 50 yards
Butterfly, 50 yards
Front crawl open turn while swimming
Backstroke open turn while swimming
Front flip turn while swimming
Backstroke flip turn while swimming
Sidestroke turn while swimming
Butterfly turn while swimming
Breaststroke turn while swimming
HELP position, 2 minutes (in deep water)
Huddle position, 2 minutes (in deep water)
Feetfirst surface dive (in water at least 7-feet deep)
Tuck surface dive (in water at least 7-feet deep)
Pike surface dive (in water at least 7-feet deep)
Back float, 5 minutes (in deep water)
Survival float, 5 minutes (in deep water)
Survival swimming, 10 minutes
Treading water, kicking only, 2 minutes (in deep water)
Surface dive and retrieve an object from the bottom (in water at least 7–10 feet deep)

Safety Topics

Think So You Don't Sink
Swim with a Buddy in a Supervised Area
Learn About Boating Before You
Go Floating

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point.