

West Shore Recreation Commission - American Red Cross Swimming Lessons

Level 6 – Skills Checklist

Name: _____ **Instructor:** _____

This checklist was designed to help you, your child, and the instructor acknowledge the skills learned (checked items), and identify the skills needed to pass Level 6.

- 1. Front crawl, 100 yards _____
- 2. Elementary Backstroke, 100 yards _____
- 3. Back crawl, 50 yards _____
- 4. Breaststroke, 50 yards _____
- 5. Sidestroke, 50 yards _____
- 6. Butterfly, 50 yards _____
- 7. Front crawl open turn while swimming _____
- 8. Back crawl open turn while swimming _____
- 9. Front flip turn while swimming _____
- 10. Backstroke flip turn while swimming _____
- 11. Sidestroke turn while swimming _____
- 12. Butterfly turn while swimming _____
- 13. Breaststroke turn while swimming _____
- 14. HELP position, 2 minutes (in deep water) _____
- 15. Huddle position, 2 minutes (in deep water) _____
- 16. Feet-first surface dive (in water at least 7 feet deep) _____
- 17. Tuck surface dive (in water at least 7 feet deep) _____
- 18. Pike surface dive (in water at least 7 feet deep) _____
- 19. Back float, 5 minutes (in deep water) _____
- 20. Survival float, 5 minutes (in deep water) _____
- 21. Survival swimming, 10 minutes _____
- 22. Treading water, using legs only, 2 minutes (in deep water) _____
- 23. Surface dive and retrieve an object from the bottom (in water at least 7-10 feet deep) _____
- Safety**
- 24. Think so you don't sink _____
- 25. Swim as a pair near lifeguard's chair _____
- 26. Learn about boating before you go floating _____
- 27. Look before you leap _____
- 28. The danger of drains _____
- 29. The dangers of hyperventilation and extended breath-holding _____

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 feet-first 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. _____

Comments: _____

Your child: _____ **should repeat level 6** _____ **has completed all skills for level 6**