

**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**