



Parent and Child Aquatics

COURSE FACT SHEET

Course	Purpose	Prerequisites
Parent and Child Aquatics Level 1	<ul style="list-style-type: none"> Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills Provide safety information for parents and teach techniques parents can use to orient their children to the water 	<ul style="list-style-type: none"> No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class
Parent and Child Aquatics Level 2	<ul style="list-style-type: none"> Improve skills learned in Parent and Child Aquatics Level 1 and teach more advanced skills Continue to build on water safety knowledge 	<ul style="list-style-type: none"> Comfort level with skills taught in Parent and Child Aquatics Level 1 Parent must accompany child to each class
Learning Objectives		
<ul style="list-style-type: none"> See Parent and Child Aquatics Skills Chart 		
Length		
<ul style="list-style-type: none"> No minimum number of hours suggested 		
Instructor		
<ul style="list-style-type: none"> Currently authorized Water Safety (r. 14) instructor 		
Course Completion Requirements		
<ul style="list-style-type: none"> Participation 		
Course Completion Cards Issued and Validity Period		
<ul style="list-style-type: none"> Parent and Child Aquatics—No validity period 		
Participant Materials		
<ul style="list-style-type: none"> American Red Cross Swim app 		

The completion goals for Parent and Child Aquatics:

- Holding and support techniques—demonstrated by the parent
- Aquatic skills—in Level 1, the child explores with support and in Level 2, the child demonstrates with support or assistance unless otherwise noted
- Water safety topics—the parents discuss to show understanding unless otherwise noted

SKILLS CHART

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Holding and Support Techniques	
<ul style="list-style-type: none"> • Face-to-face positions <ul style="list-style-type: none"> ○ Hug position ○ Chin support ○ Shoulder support on front • Back-to-chest position <ul style="list-style-type: none"> ○ Cuddle • Side-to-side position <ul style="list-style-type: none"> ○ Hip straddle ○ Shoulder support on side 	<p>Holding and Support Techniques</p> <ul style="list-style-type: none"> • Face-to-face position <ul style="list-style-type: none"> ○ Hip support on front • Back-to-chest positions <ul style="list-style-type: none"> ○ Hip support on back ○ Back support ○ Arm stroke
Working with the Child	
Skill: Cueing	
Water Adjustment, Entry and Exit	
<ul style="list-style-type: none"> • Getting wet <ul style="list-style-type: none"> ○ Getting wet with toys ○ Getting wet kicking • Water entry <ul style="list-style-type: none"> ○ Lifting in ○ Walking in • Exploring the pool <ul style="list-style-type: none"> ○ Out-of-water exploration ○ In-water exploration • Water exit <ul style="list-style-type: none"> ○ Lifting out ○ Walking out ○ Using a ladder 	<ul style="list-style-type: none"> • Water entry <ul style="list-style-type: none"> ○ Seated position ○ Seated position—rolling over and sliding in ○ Stepping or jumping in ○ Using steps or a ramp—independently • Exploring the pool <ul style="list-style-type: none"> ○ In-water exploration—independently, in shallow water • Water exit <ul style="list-style-type: none"> ○ Using side of pool—independently ○ Using steps or ramp—independently ○ Using a ladder—independently

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Breath Control	
<ul style="list-style-type: none"> • Blow bubbles on the surface • Blow bubbles with mouth and nose submerged • Underwater exploration • Submerge mouth, nose and eyes 	<ul style="list-style-type: none"> • Underwater exploration—in shallow water <ul style="list-style-type: none"> ○ Open eyes and retrieve objects below the surface ○ Open eyes and retrieve submerged objects ○ Bobbing—explore, independently
Buoyancy on Front	
<ul style="list-style-type: none"> • Front glide 	<ul style="list-style-type: none"> • Front glide • Front glide to the wall • Front float
Buoyancy on Back	
<ul style="list-style-type: none"> • Back glide • Back float 	<ul style="list-style-type: none"> • Back glide • Back float
Changing Direction	
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front
Swim on Front	
<ul style="list-style-type: none"> • Passing from instructor to parent • Leg action 	<ul style="list-style-type: none"> • Passing from instructor to parent • Drafting with breathing • Leg action—alternating or simultaneous movements • Arm action—alternating or simultaneous movements • Combined arm and leg actions on front with breathing—explore, with assistance
Swim on Back	
<ul style="list-style-type: none"> • Leg action 	<ul style="list-style-type: none"> • Leg action—alternating or simultaneous movements • Arm action—alternating or simultaneous movements • Combined arm and leg actions on back—explore
Water Safety	
<ul style="list-style-type: none"> • The importance of wearing a life jacket • How to call for help and the importance of knowing first aid and CPR • Basic water safety rules • General water safety around the home • Recreational water illnesses • Sun safety 	<ul style="list-style-type: none"> • Wearing a life jacket in the water—child demonstrates • Reaching assists—parent demonstrates • Basic water safety rules review • Safety at the beach and at the waterpark • Water toys and their limitations



Preschool Aquatics

COURSE FACT SHEET

Course	Purpose	Prerequisites
Preschool Aquatics Level 1	<ul style="list-style-type: none"> Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills Help participants begin to develop positive attitudes and safe practices in and around water 	<ul style="list-style-type: none"> No skill prerequisites Children should be approximately 4 years old or older
Preschool Aquatics Level 2	<ul style="list-style-type: none"> Build on and improve skills learned in Preschool Aquatics Level 1 Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1 	<ul style="list-style-type: none"> Successful demonstration of the Preschool Aquatics Level 1 exit skills assessment
Preschool Aquatics Level 3	<ul style="list-style-type: none"> Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2 Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics 	<ul style="list-style-type: none"> Successful demonstration of the Preschool Aquatics Level 2 exit skills assessment
Learning Objectives		
<ul style="list-style-type: none"> See Preschool Aquatics Skills Chart 		
Length		
<ul style="list-style-type: none"> No minimum number of hours suggested 		
Instructor		
<ul style="list-style-type: none"> Currently authorized Water Safety (r. 14) instructor 		
Course Completion Requirements		
<ul style="list-style-type: none"> Demonstrate competency in all required skills and activities, including in-water skills Successfully complete the level's exit skills assessment (see Preschool Aquatics Skills Chart) 		
Course Completion Cards Issued and Validity Period		
<ul style="list-style-type: none"> Preschool Aquatics—No validity period 		
Participant Materials		
<ul style="list-style-type: none"> American Red Cross Swim app <i>Swim Lessons Achievement Booklet</i> 		

- Preschool Aquatics Level 1 skills may be performed with support.
- Preschool Aquatics Level 2 skills may be performed with assistance.
- Preschool Aquatics Level 3 skills are performed independently.

SKILLS CHART

Preschool Aquatics Level 1	Preschool Aquatics Level 2	Preschool Aquatics Level 3
Water Adjustment, Entry and Exit		
<ul style="list-style-type: none"> • Enter water using ramp, steps or side • Exit water using ladder, steps or side 	<ul style="list-style-type: none"> • Enter by stepping in from deck or low height into shoulder-deep water • Exit using ladder, steps or side from chest-deep water 	<ul style="list-style-type: none"> • Enter by jumping in to shoulder-deep water
Breath Control and Submerging		
<ul style="list-style-type: none"> • Blow bubbles, 3 seconds • Submerge mouth, nose and eyes • Open eyes underwater and retrieve submerged objects in shallow water 	<ul style="list-style-type: none"> • Bobbing, 5 times • Open eyes underwater and retrieve submerged objects in chest-deep water 	<ul style="list-style-type: none"> • Fully submerge and hold breath, 10 seconds • Bobbing, 10 times, in chest-deep water • Rotary breathing, 5 times
Buoyancy on Front		
<ul style="list-style-type: none"> • Front glide, 2 body lengths • Recover from a front glide to a vertical position 	<ul style="list-style-type: none"> • Front glide, 2 body lengths • Front float, 3 seconds • Recover from a front float or glide to a vertical position 	<ul style="list-style-type: none"> • Float in a face-down position, 10 seconds <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float • Recover from a front float or glide to a vertical position
Buoyancy on Back		
<ul style="list-style-type: none"> • Back glide, 2 body lengths • Back float, 3 seconds • Recover from a back float or glide to a vertical position 	<ul style="list-style-type: none"> • Back glide, 2 body lengths • Back float, 5 seconds • Recover from a back float or glide to a vertical position 	<ul style="list-style-type: none"> • Back glide, 3 body lengths • Back float, 15 seconds • Recover from a back float or glide to a vertical position
Changing Direction and Position and Treading		
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Arm and hand treading actions, in chest-deep water 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Tread water using arm and leg actions, 15 seconds in shoulder-deep water 	<ul style="list-style-type: none"> • Change direction of travel while swimming on front or back • Tread water, 30 seconds in shoulder-deep water
Swim on Front		
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 3 body lengths 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 5 body lengths

Preschool Aquatics Level 1	Preschool Aquatics Level 2	Preschool Aquatics Level 3
Swim on Back		
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • Finning arm action, 3 body lengths • Combined arm and leg actions on back, 3 body lengths 	<ul style="list-style-type: none"> • Finning arm action, 5 body lengths • Combined arm and leg actions on back, 5 body lengths
Water Safety		
<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • The danger of drains • Don't Just Pack It, Wear Your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go
Exit Skills Assessment		
<ol style="list-style-type: none"> 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”) 2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. 	<ol style="list-style-type: none"> 1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. 2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. 3. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths. 	<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.



Learn-to-Swim

COURSE FACT SHEET

Course	Purpose	Prerequisites
Learn-to-Swim Level 1: Introduction to Water Skills	<ul style="list-style-type: none">• Orient participants to the aquatic environment and help them gain basic aquatic skills.• Help participants begin to develop positive attitudes and safe practices around water	<ul style="list-style-type: none">• No skill prerequisites• Participants usually start at about 6 years of age
Learn-to-Swim Level 2: Fundamental Aquatic Skills	<ul style="list-style-type: none">• Build on the basic aquatic skills and water safety skills and concepts learned in Level 1	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment
Learn-to-Swim Level 3: Stroke Development	<ul style="list-style-type: none">• Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment
Learn-to-Swim Level 4: Stroke Improvement	<ul style="list-style-type: none">• Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment
Learn-to-Swim Level 5: Stroke Refinement	<ul style="list-style-type: none">• Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Personal Water Safety	<ul style="list-style-type: none">• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances• Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Fundamentals of Diving	<ul style="list-style-type: none">• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances• Teach participants fundamental springboard diving skills	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Fitness Swimmer	<ul style="list-style-type: none">• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances	<ul style="list-style-type: none">• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment

Learning Objectives
<ul style="list-style-type: none"> • See Learn-to-Swim Skills Chart
Length
<ul style="list-style-type: none"> • No minimum number of hours suggested
Instructor
<ul style="list-style-type: none"> • Currently authorized Water Safety (r. 14) instructor
Course Completion Requirements
<ul style="list-style-type: none"> • Demonstrate competency in all required skills and activities, including in-water skills • Successfully complete the level's exit skills assessment (see Learn-to-Swim Skills Chart)
Course Completion Cards Issued and Validity Period
<ul style="list-style-type: none"> • Learn-to-Swim—No validity period
Participant Materials
<ul style="list-style-type: none"> • American Red Cross Swim app • <i>Swim Lessons Achievement Booklet</i> • <i>Swimming and Water Safety</i> (Level 6; recommended) • <i>Swimming and Diving Skills</i> DVD (Level 6; recommended)

- Learn-to-Swim Level 1 skills may be performed with assistance.
- If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries from poolside; if water depth is not at least 11½ feet (or deeper if state or local regulations require), instructors SHOULD NOT teach diving from a diving board.

SKILLS CHART

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
Water Adjustment, Entry and Exit	
<ul style="list-style-type: none"> • Enter water using ramp, steps or side • Exit water using ladder, steps or side 	<ul style="list-style-type: none"> • Enter by stepping or jumping from the side into shoulder-deep water • Exit using ladder, steps or side from chest-deep water
Breath Control and Submerging	
<ul style="list-style-type: none"> • Blow bubbles, 3 seconds • Bobbing, 5 times • Open eyes underwater and retrieve submerged objects in shallow water, 2 times 	<ul style="list-style-type: none"> • Fully submerge and hold breath, 10 seconds • Bobbing, 10 times • Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times • Rotary breathing, 5 times
Buoyancy	
<ul style="list-style-type: none"> • Front glide, 2 body lengths • Recover from a front glide to a vertical position • Back glide, 2 body lengths • Back float, 5 seconds • Recover from a back float or glide to a vertical position 	<ul style="list-style-type: none"> • Front glide, 2 body lengths • Float in a face-down position, 10 seconds <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float • Recover from a front float or glide to a vertical position • Back glide, 2 body lengths • Back float, 15 seconds • Recover from a back float or glide to a vertical position
Changing Direction and Position and Treading	
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Arm and hand treading actions, in chest-deep water 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions, 15 seconds in shoulder-deep water
Swim on Front	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 5 body lengths

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
Swim on Back	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on back 	<ul style="list-style-type: none"> • Finning arm action, 5 body lengths • Combined arm and leg actions on back, 5 body lengths
Water Safety	
<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • Staying safe around water • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go • The danger of drains
Exit Skills Assessment	
<ol style="list-style-type: none"> 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”) 2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.) 	<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

Learn-to-Swim Level 3: Stroke Development	Learn-to-Swim Level 4: Stroke Improvement	Learn-to-Swim Level 5: Stroke Refinement
Water Entry and Exit		
<ul style="list-style-type: none"> • Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side • Headfirst entry from the side in a sitting and kneeling position 	<ul style="list-style-type: none"> • Headfirst entry from the side in a compact position • Headfirst entry from the side in a stride position 	<ul style="list-style-type: none"> • Shallow-angle dive from the side • Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke
Breath Control and Submerging		
<ul style="list-style-type: none"> • Bobbing while moving toward safety, 15 times • Rotary breathing, 15 times 	<ul style="list-style-type: none"> • Swim underwater, 3 to 5 body lengths, without hyperventilating • Feetfirst surface dive 	<ul style="list-style-type: none"> • Tuck surface dive • Pike surface dive
Buoyancy		
<ul style="list-style-type: none"> • Survival float, 30 seconds • Back float, 1 minute 	<ul style="list-style-type: none"> • Survival swimming, 1 minute 	
Changing Direction and Position and Treading		
<ul style="list-style-type: none"> • Change from vertical to horizontal position on front • Change from vertical to horizontal position on back • While in a vertical position, rotate one full turn • Tread water, 1 minute 	<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes 	<ul style="list-style-type: none"> • Front flip turn while swimming • Backstroke flip turn while swimming • Tread water, 5 minutes • Tread water, using legs only, 2 minutes
Swim on Front		
<ul style="list-style-type: none"> • Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths • Push off in a streamlined position, then begin dolphin kicking • Front crawl, 15 yards • Breaststroke kick, 15 yards 	<ul style="list-style-type: none"> • Front crawl, 25 yards • Breaststroke, 15 yards • Butterfly, 15 yards 	<ul style="list-style-type: none"> • Front crawl, 50 yards • Breaststroke, 25 yards • Butterfly, 25 yards
Swim on Back		
<ul style="list-style-type: none"> • Elementary backstroke, 15 yards 	<ul style="list-style-type: none"> • Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths • Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths • Elementary backstroke, 25 yards • Back crawl, 15 yards 	<ul style="list-style-type: none"> • Elementary backstroke, 50 yards • Back crawl, 25 yards • Standard (back) scull, 30 seconds

Learn-to-Swim Level 3: Stroke Development	Learn-to-Swim Level 4: Stroke Improvement	Learn-to-Swim Level 5: Stroke Refinement
Swim on Side		
<ul style="list-style-type: none"> ● Scissors kick, 15 yards 	<ul style="list-style-type: none"> ● Sidestroke, 15 yards 	<ul style="list-style-type: none"> ● Sidestroke, 25 yards
Water Safety		
<ul style="list-style-type: none"> ● Reach or Throw, Don't Go—demonstrate ● Think Twice Before Going Near Cold Water or Ice ● Look Before You Leap ● Developing breath control safely ● Making good decisions—choosing an exit point 	<ul style="list-style-type: none"> ● Reach or Throw, Don't Go—demonstrate <ul style="list-style-type: none"> ○ Reaching assist ○ Throwing assist ● Recreational water illnesses ● Think So You Don't Sink—demonstrate ● Look Before You Leap 	<ul style="list-style-type: none"> ● How to call for help and the importance of knowing first aid and CPR ● Recreational water illnesses ● Reach or Throw, Don't Go—demonstrate ● Look Before You Leap—demonstrate ● Think So You Don't Sink ● Think Twice Before Going Near Cold Water or Ice ● Wave, Tide or Ride, Follow the Guide
Exit Skills Assessment		
<ol style="list-style-type: none"> 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water. 	<ol style="list-style-type: none"> 1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water. 	<ol style="list-style-type: none"> 1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. 2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Learn-to-Swim Level 6: Skill Proficiency—Personal Water Safety	Learn-to-Swim Level 6: Skill Proficiency—Fundamentals of Diving	Learn-to-Swim Level 6: Skill Proficiency—Fitness Swimmer
Swim on Front, Back and Side		
<ul style="list-style-type: none"> • Front crawl, 100 yards • Elementary backstroke, 100 yards • Back crawl, 50 yards • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards 	<ul style="list-style-type: none"> • Front crawl, 100 yards • Elementary backstroke, 100 yards • Back crawl, 50 yards • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards 	<ul style="list-style-type: none"> • Front crawl, 100 yards • Elementary backstroke, 100 yards • Back crawl, 50 yards • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards
Turns		
<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Front flip turn • Backstroke flip turn • Sidestroke open turn • Butterfly turn • Breaststroke turn 	<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Front flip turn • Backstroke flip turn • Sidestroke open turn • Butterfly turn • Breaststroke turn 	<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Front flip turn • Backstroke flip turn • Sidestroke open turn • Butterfly turn • Breaststroke turn
Specialty Knowledge and Skills		
<ul style="list-style-type: none"> • HELP position, 2 minutes • Huddle position, 2 minutes • Feetfirst surface dive • Tuck surface dive • Pike surface dive • Back float, 5 minutes • Survival float, 5 minutes • Survival swimming, 10 minutes • Tread water, using legs only, 2 minutes • Surface dive and retrieve an object from the bottom 	<ul style="list-style-type: none"> • Basic stretching exercises • Body alignment and control • Surface dive and retrieve an object from the bottom • Diving from poolside <ul style="list-style-type: none"> ○ Kneeling position ○ Forward dive fall-in ○ Standing dive • Diving from the diving board <ul style="list-style-type: none"> ○ Kneeling position ○ Forward dive fall-in ○ Standing dive • Takeoff from the deck <ul style="list-style-type: none"> ○ One- and two-part takeoff • Takeoff from poolside <ul style="list-style-type: none"> ○ One-part takeoff • Takeoff from the Diving Board <ul style="list-style-type: none"> ○ One- and two-part takeoff • Forward jump, tuck position <ul style="list-style-type: none"> ○ Tuck position ○ With one-part takeoff from poolside ○ With one- and two-part takeoff from the diving board 	<ul style="list-style-type: none"> • Surface dive and retrieve an object from the bottom • Circle swimming • Using a pace clock • Swimming using equipment, 25 yards <ul style="list-style-type: none"> ○ Pull buoys ○ Fins ○ Paddles • Describe how to set up an exercise program • Demonstrate various training techniques • Calculate target heart rate • Demonstrate aquatic exercise

Learn-to-Swim Level 6: Skill Proficiency—Personal Water Safety	Learn-to-Swim Level 6: Skill Proficiency—Fundamentals of Diving	Learn-to-Swim Level 6: Skill Proficiency—Fitness Swimmer
Specialty Knowledge and Skills		
	<ul style="list-style-type: none"> ● Forward dive, tuck position <ul style="list-style-type: none"> ○ With one-part takeoff from poolside ○ With one- and two-part takeoff from the diving board ● Forward jump, pike position <ul style="list-style-type: none"> ○ Pike position ○ With one- and two-part takeoff from the diving board ● Forward dive, pike position <ul style="list-style-type: none"> ○ With one- and two-part takeoff from the diving board 	
Water Safety		
<ul style="list-style-type: none"> ● Think So You Don't Sink ● Swim as a Pair Near a Lifeguard's Chair ● Know About Boating Before You Go Floating ● Look Before You Leap ● The danger of drains ● The dangers of hyperventilation and extended breath-holding 	<ul style="list-style-type: none"> ● Look Before You Leap ● The danger of drains ● Know About Boating Before You Go Floating ● Think So You Don't Sink ● Swim as a Pair Near a Lifeguard's Chair ● The dangers of hyperventilation and extended breath-holding 	<ul style="list-style-type: none"> ● Look Before You Leap ● Know About Boating Before You Go Floating ● Think So You Don't Sink ● Swim as a Pair Near a Lifeguard's Chair ● The danger of drains ● The dangers of hyperventilation and extended breath-holding
Exit Skills Assessment		
<ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes, 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 to 10 feet, return to surface and return to starting point. 	<ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke. 2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board. 3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board. 	<ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke. 2. Perform the Cooper 12-minute swim test and compare results with the pre-assessment results.