

# Stewartville Pool Swim Program

## Level 6

Swimmer's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

### Skills:

- Front crawl, 100 yards
- Back crawl, 100 yards
- Elementary Backstroke, 100 yards
- Breaststroke, 100 yards
- Sidestroke, 50 yards
- Standing Dive into deep water
- Surface dives to retrieve an object from 7-10 feet depth (tuck and pike)
- Treading, 5 minutes
- Treading water with only legs, 2 minutes
- Front and back turns (open and flip) while swimming
- Butterfly, 50 yards (optional)



### Exit Assessment:

Swim 500 yards continuously, using a minimum of 3 strokes. All strokes must be used for at least 50 yards.

### Safety:

- Practice safe skills around water
- Call during emergency
- Wear sunscreen
- Look before entering different depths of water
- Know safety for hyperventilation hypothermia
- Continue to understand First Aid/CPR and when to use
- Learn about boat safety and the challenges of open water
- Introduce proper rescue backboard procedures (optional)

### Strengths:

\_\_\_\_\_  
\_\_\_\_\_

### Areas to work on:

\_\_\_\_\_  
\_\_\_\_\_

Next recommended swimming lessons level: \_\_\_\_\_

