



# Learn to Swim Level 6

Surface dive and retrieve object from the bottom, 7-10 feet deep	Exit Assessment: With Support 
Front crawl for 100 yards	Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.
Elementary backstroke for 100 yards	Course Options 
Breaststroke for 50 yards	Fitness Swimmer
Back crawl for 50 yards	Personal Water Safety
Butterfly for 50 yards	Fundamentals of Diving
Sidestroke for 50 yards	Note: Additional exit assessments are required, depending on the course option selected. 
Demonstrate open turns and front and back flip turns when swimming	

