



# Learn to Swim Level 6

|  |  |
|--|--|
| Surface dive and retrieve object from the bottom, 7-10 feet deep   | Exit Assessment   |
| Front crawl for 100 yards  | Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 40 yards of each stroke.   |
| Elementary backstroke for 100 yards                                | Course Options    |
| Breaststroke for 40 yards  | Fitness Swimmer  |
| Back crawl for 40 yards  | Personal Water Safety  |
| Butterfly for 40 yards   | Fundamentals of Diving   |
| Sidestroke for 40 yards  | Note: Additional exit assessments are required, depending on the course option selected.  |
| Demonstrate open turns and front and back flip turns when swimming |  |

