



SKILLS CHECKLIST

Learn-to-Swim Level 6—Fitness Swimmer

Clear Form

Instructor's Name: Date:	Participant's Name										
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Front crawl, 100 yards											
Elementary backstroke, 100 yards											
Back crawl, 50 yards											
Breaststroke, 50 yards											
Sidestroke, 50 yards											
Butterfly, 50 yards											
Front crawl open turn while swimming											
Back crawl open turn while swimming											
Front flip turn while swimming											
Backstroke flip turn while swimming											
Sidestroke open turn while swimming											
Butterfly turn while swimming											
Breaststroke turn while swimming											
Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)											

Instructor's Name:	Participant's Name	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Date:											
Circle swimming											
Using a pace clock											
Using a pull buoy while swimming, 25 yards											
Using fins while swimming, 25 yards											
Using paddles while swimming, 25 yards											
Describe how to set up an exercise program											
Demonstrate various training techniques											
Calculate target heart rate											
Demonstrate aquatic exercise											
Safety Topics											
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											
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.											