



City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Learn-to-Swim: LEVEL 6 Fitness Swimmer

Swimmer's First Name: _____

Swimmer's Last Name: _____

Year: _____ Rec Trac Course #: _____

Instructor(s): _____

KEY

P = Pass

F = Fail

NW = Needs Work

N/A = Not Applicable

FITNESS SWIMMER

SWIM SKILLS	
Perform Cooper test at beginning and end of session	
Front crawl (100 yards)	
Elementary backstroke (100 yards)	
Backstroke (50 yards)	
Breaststroke (50 yards)	
Sidestroke (50 yards)	
Butterfly (50 yards)	
Front crawl open turn	
Backstroke open turn	
Front crawl flip turn	
Backstroke flip turn	
Sidestroke turn	
Butterfly turn	
Breaststroke turn	
Circle swimming	
Use a pace clock	
Swim using kickboard, pull buoys, fins, and paddles	
Calculating target heart rate	
Surface dive and retrieve object from bottom	
Demonstrate how to set-up and exercise program	
Demonstrate various training techniques	
Demonstrate aquatic exercise	

PUTTING IT TOGETHER	
Swim 500 yards continuously using any 3 strokes with at least 50 yards of each stroke	
Perform the Cooper 12-minute swim test and compare results with the pre-assessment results	

PERSONAL SAFETY AND RESCUE SKILLS	
Look before you leap	
Know about boating before you go floating	
Think before you sink	
Swim as a pair near a lifeguard chair	
The danger of drains	
The dangers of hyperventilation and extended breath-holding	

INSTRUCTOR COMMENTS:

Next level to enroll in:

