



City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Learn-to-Swim: LEVEL 6 Personal Water Safety

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

SWIM SKILLS	
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	
Feet-first surface dive	
Tuck surface dive	
Pike surface dive	
Surface dive and retrieve object from bottom	
Back float for 5 minutes	
Tread water for 2 minutes	

Next level to enroll in:

PUTTING IT TOGETHER	
Swim 500 yards continuously using any 3 strokes with at least 50 yards of each stroke	
Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes	
Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet and return to start point at surface	

PERSONAL SAFETY AND RESCUE SKILLS	
Survival float for 5 minutes	
Survival swimming for 10 minutes	
Think so you don't sink	
Swim as a pair near a lifeguard chair	
Know about boating before you go floating	
Look before you leap	
The danger of drains	
The dangers of hyperventilation and extended breath-holding	

INSTRUCTOR COMMENTS:

