



City of Greenfield Parks & Recreation  
**AMERICAN RED CROSS AQUATICS PROGRAM**  
**Learn-to-Swim: LEVEL BY6 (Beyond 6)**

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 (500 yards continuous)	
Backstroke (200 yards)	
Breaststroke (100 yards)	
Butterfly (50 yards)	
Front crawl flip turn	
Backstroke flip turn	
Butterfly turn	
Breaststroke turn	
Read a set board	
Follow and complete a set	
Participate in time trials	
Feet-first surface dive	
Tuck surface dive	
Pike surface dive	
Surface dive and retrieve object from bottom	
Tread water for 5 minutes kicking only	

**INSTRUCTOR COMMENTS:**

**PUTTING IT TOGETHER**

Swim 500 yards continuously using all 4 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 10-14 feet and return to start point at surface	
Compare times from the beginning of the session to the end	

**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	

*Congratulations!*

