

Level 6 Skills

- 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
- HELP position, 2 minutes (in deep water)
- Huddle position, 2 minutes (in deep water)
- Feet first surface dive
- Tuck surface dive
- Pike surface dive
- Back float, 5 minutes
- Survival float, 5 minutes
- Survival swimming, 10 minutes
- Tread water, using legs only, 2 minutes

Safety Topics

- Think So You Don't Sink
- Swim as a Pair Near a Lifeguard's Chair
- Know About Boating Before You Go Floating
- Look Before You Leap
- 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. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes
3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to the surface, then back to the starting point.