

Learn to Swim

Level 6: Fitness Swimmer

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
- _____ Backstroke open turn while swimming
- _____ Front flip turn while swimming
- _____ Backstroke flip turn while swimming
- _____ Sidestroke turn while swimming
- _____ Butterfly turn while swimming
- _____ Breaststroke turn while swimming
- _____ 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 the principles of setting up an exercise program
- _____ Demonstrate various training techniques
- _____ Calculate target heart rate
- _____ Aquatic exercise

Exit Skills:

- _____ Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- _____ Perform the Cooper 12-minute swim test and compare results with the pre-assessment results.

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____