

Learn to Swim

Level 6: Personal Water Safety

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
- _____ HELP position, **2 minutes**
- _____ Huddle position, **2 minutes**
- _____ Feet first surface dive
- _____ Tuck surface dive
- _____ Pike surface dive
- _____ Back float, **5 minutes**
- _____ Survival float, **5 minutes**
- _____ Survival swimming, **10 minutes**
- _____ Treading water, kicking only, **2 minutes**
- _____ Surface dive and retrieve an object from the bottom (in water at least 7-10 feet deep)

Safety Topics:

- _____ Think so you don't sink
- _____ Swim with a buddy in a supervised area
- _____ Learn about floating before you go floating

Exit Skills:

- _____ Swim 500 yards continuously using any 3 strokes of your choice, swimming 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, return to the surface and return to the starting point.

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

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