

Learn-to-Swim Level 6—Personal Water Safety Block Plan

Instructor Resources: Swimming and Water Safety manual, Water Safety Instructor’s Manual (including CDROM), Swimming and Diving Skills video or DVD

* A purpose of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Observe, assess and intervene as necessary to refine students’ strokes, improve their turns and build their endurance.

Day 1	Day 2	Day 3	Day 4
Review Skills <ul style="list-style-type: none"> Exit skills assessment Level 5 <ul style="list-style-type: none"> Safety rules for open water 	Review Skills <ul style="list-style-type: none"> New Skills Day 1 Feet-first surface dive Safety rules for boating 	Review Skills <ul style="list-style-type: none"> New Skills Day 2 Turns Pike surface dive Tuck surface dive 	Review Skills <ul style="list-style-type: none"> New Skills Day 3
Endurance Skills* <ul style="list-style-type: none"> Front crawl, 50 yards Back crawl, 50 yards Breaststroke, 25 yards Elementary backstroke, 25 yards Sidestroke, 25 yards Butterfly, 25 yards Choice, 50 yards 	Endurance Skills* <ul style="list-style-type: none"> Stroke drills 	Endurance Skills* <ul style="list-style-type: none"> Front crawl, 75 yards Back crawl, 75 yards Breaststroke, 50 yards Elementary backstroke, 50 yards Sidestroke, 50 yards Butterfly, 50 yards Choice, 75 yards 	Endurance Skills* <ul style="list-style-type: none"> Stroke drills
New Skills <ul style="list-style-type: none"> Tread water, 2 minutes Tread water kicking only, 30 seconds Back float, 2 minutes 	New Skills <ul style="list-style-type: none"> Survival float, 2 minutes Retrieve a 10-pound object from a depth of 7 to 10 feet 	New Skills <ul style="list-style-type: none"> Tread water, 3 minutes Tread water kicking only, 1 minute Back float, 3 minutes Surface dive and retrieve a 10-pound object from a depth of 7 to 10 feet 	New Skills <ul style="list-style-type: none"> Survival float, 3 minutes Survival swimming, 3 minutes Self-rescue techniques while clothed Swimming while clothed
Equipment <ul style="list-style-type: none"> Swimming and Water Safety manual Skills checklist Batons 	Equipment <ul style="list-style-type: none"> Skills checklist Diving brick or other 10-pound object Fins Kickboards 	Equipment <ul style="list-style-type: none"> Skills checklist Diving brick or other 10-pound object 	Equipment: <ul style="list-style-type: none"> Skills checklist Progress logs Long-sleeved, button shirt Long pants Shoes Fins Kickboards
Game: <ul style="list-style-type: none"> Baton Race 	Game: <ul style="list-style-type: none"> I See, I See 	Game: <ul style="list-style-type: none"> Crazy Circle 	Game: <ul style="list-style-type: none"> Water Tag

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Day 5	Day 6	Day 7	Day 8
Review Skills <ul style="list-style-type: none"> • New Skills Day 4 • HELP position • Huddle position 	Review Skills <ul style="list-style-type: none"> • New Skills Day 5 	Review Skills <ul style="list-style-type: none"> • Review Skills Day 6 • Basic safety rules for boating 	Review Skills <ul style="list-style-type: none"> • Review all skills
Endurance Skills* <ul style="list-style-type: none"> • Front crawl, 100 yards • Back crawl, 100 yards • Breaststroke, 50 yards • Elementary backstroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards • Choice, 100 yards 	Endurance Skills* <ul style="list-style-type: none"> • Stroke drills 	Endurance Skills* <ul style="list-style-type: none"> • Same as Day 5, continuous swim 	
New Skills <ul style="list-style-type: none"> • Tread water, 4 minutes • Tread water kicking only, 1 V2 minutes • Back float, 4 minutes • Survival swimming, 7 minutes 	New Skills <ul style="list-style-type: none"> • Survival float, 5 minutes • Back float, 5 minutes • Survival swimming, 10 minutes 	New Skills <ul style="list-style-type: none"> • Tread water, 5 minutes • Tread water kicking only, 5 minutes without hands 	New Skills <ul style="list-style-type: none"> • Exit skills assessment
Equipment <ul style="list-style-type: none"> • Skills checklist • Hoops • Lifejackets 	Equipment <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards 	Equipment <ul style="list-style-type: none"> • Skills checklist • Fins • Kickboards 	Equipment <ul style="list-style-type: none"> • Skills checklist • Progress logs • Certificates • Rewards for students
Game <ul style="list-style-type: none"> • Mermaid Croquet 	Game <ul style="list-style-type: none"> • Tommy Over the Water 	Game <ul style="list-style-type: none"> • Sharks and Minnows 	Game <ul style="list-style-type: none"> • Octopus