



**American
Red Cross**

Level 6 – Fitness Swimmer

Instructor: _____

Date: _____

Student's Name

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Cooper 12-minute swim pre-assessment

Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

New Skills and Information

Demonstrate etiquette in fitness swimming

Use a pace clock

Use a pull buoy while swimming

Use fins while swimming

Use paddles while swimming

Describe the principles of setting up a fitness program

Demonstrate various training techniques

Calculate target heart rate

Apply principles of water exercise

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skills Assessment:

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.