



## SKILLS CHECKLIST

# Learn-to-Swim Level 6— Fitness Swimmer

| Instructor Name:<br><br>Date:              | Participants' Names | 1.                     | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
|--|---------------------|------------------------|----|----|----|----|----|----|----|----|-----|
|  |                     | 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     |                     |                        |    |    |    |    |    |    |    |    |     |



| <b>Instructor Name:</b><br><br><b>Date:</b>   | <b>Participants' Names</b> | 1.  | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
|---|----------------------------|---|----|----|----|----|----|----|----|----|-----|
|   |                            | Describe the principles of setting up an exercise program |    |    |    |    |    |    |    |    |     |
| Demonstrate various training techniques   |                            |   |    |    |    |    |    |    |    |    |     |
| Calculate target heart rate   |                            |   |    |    |    |    |    |    |    |    |     |
| Aquatic exercise  |                            |   |    |    |    |    |    |    |    |    |     |
| <b>Exit Skills Assessment</b>   |                            |   |    |    |    |    |    |    |    |    |     |
| 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. |                            |   |    |    |    |    |    |    |    |    |     |
| 2. Perform the Cooper 12-minute swim test, and compare results with the preassessment results.                |                            |   |    |    |    |    |    |    |    |    |     |