

Course: Learn to Swim Level 6: Fitness Swimmer

Purpose

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate
- OR
- Successful demonstration of all completion requirements from Level 5

Learning Objectives

- Increase endurance while swimming the following strokes:
 - Front crawl–100 yards
 - Back crawl–100 yards
 - Butterfly–50 yards
 - Elementary backstroke–50 yards
 - Breaststroke–50 yards
 - Sidestroke–50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke turn
 - Front flip turn
 - Backstroke flip turn
 - Breaststroke turn
 - Butterfly turn
- Demonstrate etiquette in fitness swimming
- Discuss and demonstrate how to use the following equipment while swimming:
 - Pull buoy
 - Fins
 - Pace clock
 - Paddles
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply the principles of water exercise

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 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. (Swim for 12 minutes to cover the greatest distance possible, using whatever stroke is preferred. Rest as necessary, but go as far as possible.)

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Fitness Swimmer – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)