



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Learn-to-Swim Level 6: Fitness Swimmer
Course Code:	34906F
Purpose	<ul style="list-style-type: none"> ▪ To refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances.
Prerequisites	<ul style="list-style-type: none"> ▪ <i>American Red Cross Learn-to-Swim Level 5 Stroke Refinement</i> certificate or demonstrate all completion requirements in Level 5
Learning Objectives	<ul style="list-style-type: none"> ▪ Increase endurance while swimming the following strokes: <ul style="list-style-type: none"> • Front crawl–100 yards; • Back crawl–100 yards; • Butterfly–50 yards; • Elementary backstroke–50 yards; • Breaststroke–50 yards; and • Sidestroke–50 yards ▪ Demonstrate the following turns while swimming: <ul style="list-style-type: none"> • Front crawl open turn; • Backstroke open turn; • Sidestroke open turn; • Front flip turn; • Backstroke flip turn; • Breaststroke turn; and • Butterfly turn ▪ Demonstrate etiquette in fitness swimming ▪ Discuss and demonstrate how to use the following while swimming: <ul style="list-style-type: none"> • Pull buoy; • Fins; • Pace clock; and • 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 (required?)
Instructor	Currently authorized Water Safety (r.04) instructor.
Certification Requirements	Successfully complete the following exit skills assessment:



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1. Swim 500 yards continuously using 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 with pre-assessment results.

Certificate Issued and Validity Period	Learn-to-Swim Level 6—Fitness Swimmer
Participant Materials	<i>American Red Cross Swimming and Water Safety Manual</i> (StayWell Stock No. 651300) (Recommended but not required)
