

Learn-to-Swim

Achievement Card

Level 6: Fitness Swimmer



Name: _____

Instructor: _____

Date: _____

Location: _____

Skills

- 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
- Describe the principles of setting up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Aquatic exercise

(over)



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Exit Skill Assessment

- ❑ Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- ❑ Perform the Cooper 12-minute swim test, and compare results with the preassessment results.

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