

Level 6

- Jumping into 12 feet of water
- Retrieving an object using each surface dive
- Combine front glide into front crawl
- Combine back glide into back crawl
- Front crawl for 4 laps (100 yards) with 3 stroke rhythmic breathing and flip turn
- Back crawl for 4 laps (100 yards) with flip turn
- Elementary backstroke for 1 lap (25 yards)
- Breaststroke for 2 laps (50 yards) with open turn
- Butterfly for 1 lap (25 yards)
- Sidestroke for 1 lap (25 yards)
- Treading water in 12 feet of water for 3 minutes with no assistance, 1 minute no hands
- Starts off the starting block
- Open turns
- Flip turns
- **Safety Skill:** When you get tired....