

LEVEL

6



SKILL

PROFICIENCY

Code:

- * Excellent
- + Good
- Needs Work

WATER ENTRY

- ___ Approach and hurdle from diving board
- ___ Tuck dive from board

LOCOMOTION

- ___ Front crawl 100 yards with flip turn
- ___ Backstroke 100 yards with turn
- ___ Breaststroke 50 yards with turn
- ___ Sidestroke 50 yards with turn
- ___ Butterfly 10 yards
- ___ Approach stroke 25 yards

TURNS

- ___ Breaststroke turn
- ___ Sidestroke turn
- ___ Speed turn for backstroke
- ___ Flip turn for front crawl

ADDITIONAL SKILLS

- ___ Tuck surface dive
- ___ Tread water for 3 minutes
- ___ Tread water for 1 minute with no hands
- ___ Tread water with brick for ___ minutes

Sign up for: _____