



Swimming and Water Safety News

Learn-to-Swim Level 6—Fitness Swimmer

Welcome to American Red Cross Learn-to-Swim Level 6!

Congratulations on your commitment to learning to be safe in, on and around the water and to swim well. Participation in American Red Cross Learn-to-Swim Level 6 means that you have achieved a significant level of swimming skill. The great news is that now the fun really begins. Level 6 opens the door to a variety of specialized aquatic activities that can lead to whole new sets of aquatic experiences that could last a lifetime!

We're proud to offer you—

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.

What do you learn in Level 6—Fitness Swimmer?

As in all the other levels, in Learn-to-Swim Level 6, our instructors follow a



plan to refine swimming and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality.

Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness.

Some of the milestones in Level 6—Fitness Swimmer include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating etiquette in fitness swimming.
- Demonstrating various training techniques.
- Calculating target heart rate.
- Demonstrating the principles of setting up a fitness program.
- Performing the Cooper 12-minute swim test, and comparing results with the preassessment results.

How are you evaluated in Level 6—Fitness Swimmer?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your progress is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 6 skills

Next Steps

How can you build on your own swimming experience?

Level 6 courses build on endurance and proficiency of all six swimming strokes. Whenever possible, practice continuous swims, using different strokes and turns along the way.

Where do you go after taking a Level 6 course?

Swimmers who take a Level 6 course are often preparing for more advanced courses, such as Water Safety Instructor or Lifeguarding. Some participants are preparing to participate in other aquatic activities, such as competitive swimming or diving.

Level 6 courses in Learn-to-Swim are customized to meet the objectives of the participants. For instance, this option can help those who want to achieve a higher level of fitness. Because of the variety this level offers, you can repeat it to focus on different goals and activities each time.





are achieved, you receive a completion certificate that indicates that you have completed the top level of American Red Cross Learn-to-Swim!

Ask your instructor how you are doing. Near the end of the session, achievement cards are presented to those who have not completed all skills. The cards indicate which skills have been achieved and which skills need more work.

Things to keep in mind:

- Your enthusiasm and interest in learning to swim makes you a great candidate for teaching swimming and water safety to others.
- The American Red Cross Swimming and Water Safety program offers a variety of ways in which Water Safety instructors are able to share water safety information with others.



Be Water Smart!



It is important to know first aid and CPR/AED.

The American Red Cross recommends that at least one person in every household be trained in lifesaving first aid and CPR/AED skills.

Think so you don't sink!

For many people, waves are part of what makes swimming at an ocean beach fun. Even at designated beaches, waves can be dangerous.

Think twice before going near cold water or ice!

Cold water is dangerous, even if you do not intend to go in. Whenever you are in, on or around cold water, wear a life jacket.

