



# 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.





# Swimming and Water Safety News

## Learn-to-Swim Level 6—Personal Water Safety

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

**C**ongratulations 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.
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- 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—Personal Water Safety?

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 Personal Water Safety, you learn more complex safety skills that may help you survive in an emergency.

Some of these skills include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Jumping into deep water and performing a survival float for 5 minutes.
- Rolling onto back and performing a back float for 5 minutes.
- Performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7–10 feet, returning to the surface and returning to the starting point.

#### How are you evaluated in Level 6—Personal Water Safety?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 6 skills are achieved, participants receive a completion certificate that indicates that

### Next Steps

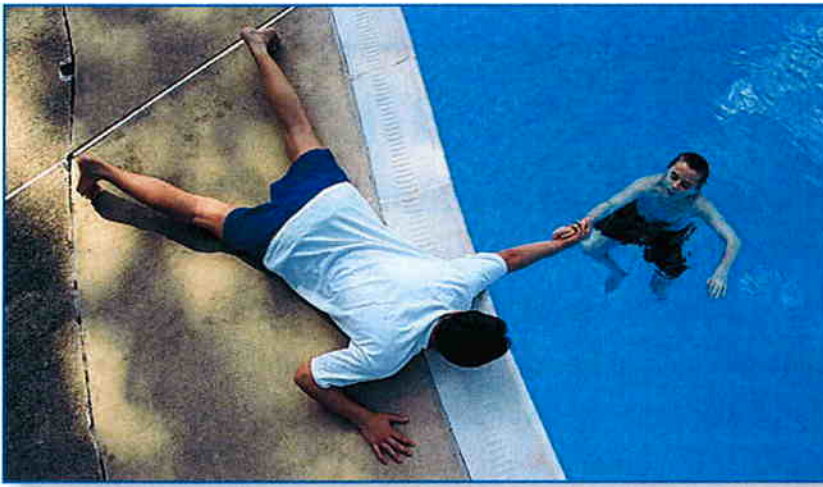
#### Where do you go after taking a Level 6 course?

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 course can help those who want to achieve a higher level of fitness. Because of the variety this level offers, participants can repeat it to focus on different goals each time.



**American  
Red Cross**



they have completed all levels 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 make swim lessons a fun and rewarding experience.
- This level offers a variety of information, you can choose to repeat it and focus on different goals and activities each time.

#### How can you build on your own swimming experience?

Knowing how to tread water and survival float are important skills to strengthen and practice outside of lessons. You never know when you might need to rely on these skills.



## Be Water Smart!



**Swim with a buddy in a supervised area.**

**Take great care around currents, which are often unpredictable and fast moving.**

**Learn about boating before you go floating!**

**Pay attention to weather forecasts and understand local water conditions and hazards.**

**Wave, tide or ride, follow the guide.**

**The water at the bottom of a slide can be deep and have a current as well. You have to know what to expect before you get in the water.**





# Swimming and Water Safety News

## Learn-to-Swim Level 6—Fundamentals of Diving

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

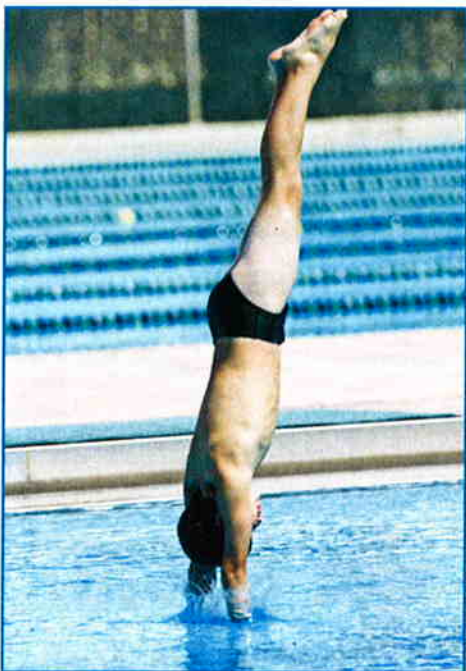
**Congratulations** on your commitment to learn to be safe in, on and around the water and to swim well. Participation in American Red Cross Learn-to-Swim Level 6 means that you have achieved a significant level of swimming skill. The great news is that now the fun really begins. Level 6 opens the door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

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- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.

#### What do you learn in Level 6—Fundamentals of Diving?

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 the Fundamentals of Diving option of Learn-to-Swim Level 6, participants learn some basics of competitive diving.

Some of the milestones in Level 6—Fundamentals of Diving include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Performing a two-part takeoff with a feetfirst entry from a 1-meter diving board.
- Performing a two-part takeoff with a headfirst entry from a 1-meter diving board.

#### How are you evaluated in Level 6—Fundamentals of Diving?

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

### 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.

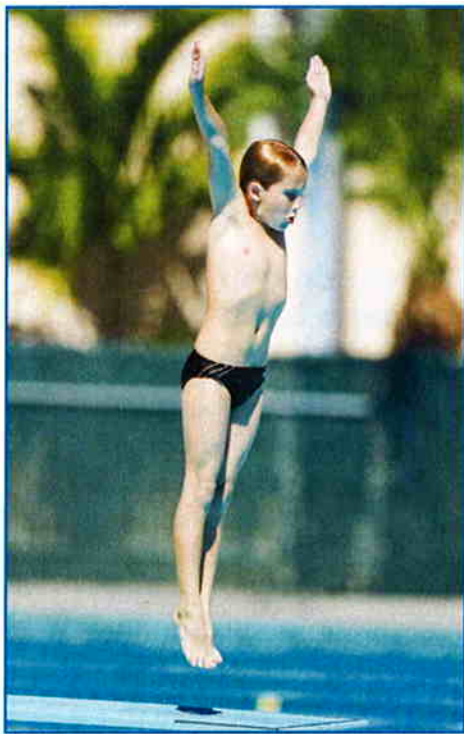
#### Where do you go after taking a Level 6 course?

Swimmers who take a Level 6 course are well on their way to participating in more advanced courses, such as American Red Cross Water Safety Instructor or Lifeguarding. Contact your local American Red Cross chapter to learn about these opportunities. Some participants move on to specialized activities, such as joining competitive swimming or diving teams. Ask your instructor about the continuing aquatic activities offered at this facility.





Ask your instructor how you are doing. Near the end of the session, achievement cards are presented 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 make your lessons a fun and rewarding experience.
- This level offers a variety of information, you can choose to repeat it and focus on different goals and activities each time.
- Diving should only be practiced in areas that are specifically designated for diving.

## Be Water Smart!



#### Look before you leap!

No other swimmers should be in the diving area when the diving board or tower is in use.

#### Think so you don't sink!

Rip currents often form narrow strips of choppy water that moves differently than the water on the other sides of it. Rip currents move very fast, and if you get caught in one, they can take you away from shore.

Swim with a buddy in a supervised area.

Do not swim at unguarded ocean beaches or in areas not designated for swimming.