

Level VI

Skill Proficiency

- Approach and hurdle on diving board
- Jump tuck from diving board
- Front crawl (100 yards, 1 turn minimum)
- Back crawl (100 yards, 1 turn minimum)
- Breaststroke (25 yards)
- Sidestroke (25 yards)
- Butterfly (10 yards)
- Approach stroke (25 yards)
- Breaststroke turn
- Sidestroke turn
- Speed turn and pull-out for breaststroke
- Flip turn for front crawl
- Pike surface dive
- Tuck surface dive
- Alternative kicks for treading water (Tread water for 3 minutes, 1 minute with no hands)
- Throwing rescue
- Roll spinal injury victim face up