

Level 6: Advanced

Advanced Options

Skills

- Surface dive and retrieve object from the bottom 7–10'
- Tread water, kicking only

Swimming:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrating open turns and front and back flip turns when swimming

Exit Assessment

- Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke

Note: Additional exit assessments are required, depending on the course option selected.

Safety Focus

- Help position
- Huddle position
- Survival float
- Survival swimming
- Learn About Boating Before You Go Floating
- Think So You Don't Sink
- Swim with a Buddy in a Supervised Area

Course Options

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving

