**Level 6: Personal Water Safety**

Students entering this course must have a Level V certificate or must be able to demonstrate all the completion requirements in Level V. The objective of Level VI is to refine strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. Other aquatic activities will also be introduced and offers three options--Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.  These options focus on preparing students for more advanced courses, such as the WSI course, or other aquatics activities, such as competitive swimming or diving.

**Cost: $30/City; $42/Non-city**

**Personal Water Safety Skills**:

* Front crawl, 100 yards
* Elementary backstroke, 100 yards
* Back crawl, 50 yards
* Breaststroke, 50 yards
* Sidestroke, 50 yards
* Butterfly, 50 yards
* Front crawl open turn while swimming
* Backstroke open turn while swimming
* Front flip turn while swimming
* Backstroke flip turn while swimming
* Sidestroke turn while swimming
* Butterfly turn while swimming
* Breaststroke turn while swimming
* HELP position, 2 minutes
* Huddle position, 2 minutes
* Feetfirst surface dive
* Tuck surface dive
* Pike surface dive
* Back float, 5 minutes
* Survival float, 5 minutes
* Survival swimming, 10 minutes
* Treading water, kicking only, 2 minutes
* Surface dive and retrieve an object from the bottom (in water at least 7-10-feet deep)

**Exit Skills Assessment:**

* **Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke**
* **Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes**
* **Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to surface and return to starting point**