



**LEARN-TO-SWIM LEVEL 6  
LIFEGUARD READINESS,  
PERSONAL WATER SAFETY  
& FITNESS SWIMMER**

Here's a list of all the skills you completed  
in Level 6 of the **American Red Cross**  
*Learn to Swim* program.

**Core Skills**

1. Front crawl with flip turn—100 yards
2. Back crawl with back flip turn—100 yards
3. Breaststroke—50 yards
4. Sidestroke—50 yards
5. Butterfly—50 yards
6. Approach stroke—25 yards
7. Elementary backstroke—50 yards
8. Breaststroke turn
9. Sidestroke turn
10. Front flip turn
11. Back flip turn
12. Open turn on front
13. Open turn on back
14. Butterfly turn
15. Elements of fitness swimming
16. Tread water—5 minutes
17. Tread water without hands—2 minutes
18. Feet first surface dive
19. Tuck surface dive
20. Pike surface dive
21. Surface dive and retrieve swimming brick from 10 feet
22. Use of clothes as a PFD
23. Swim while clothed—any stroke—50 yards
24. Survival float—5 minutes
25. Back float—5 minutes
26. Throwing and extension rescues
27. Use of rescue tube
28. Head splint
29. Turn spinal victim face up
30. Hip/shoulder support
31. Observe lifeguard backboarding in-service
32. Wading assists



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