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**SECTION I  
 INTRODUCTION**

All of us at Jolly Fun Day Camp would like to welcome your family to our swim program. The swim sessions are held on Monday, Wednesday, and Friday and are subject to change due to weather. The swim program is split into two sessions, one for Prospect Heights and one for Norridge/Des Plaines. Our swimming program is based on the Red Cross Swimming program and is broken down into eight different swimming areas known as "swimming stations". These stations are located in an appropriate water depth for the specified activities and lessons. The swimming stations are divided as follows:

|         |  |
|---------|--|
| Level 1 | <i>Guppy Red, Blue, Green, Yellow, &amp; Purple, in Shallow End 0-3Ft.</i> |
| Level 2 | <i>Station 1 Shallow End 3-4 Ft</i>  |
| Level 2 | <i>Station 2 Shallow End 3-4 Ft</i>  |
| Level 3 | <i>Station 1 Center of Pool 4-5 Ft</i>                                     |
| Level 3 | <i>Station 2 Center of Pool 4-5 Ft</i>                                     |
| Level 4 | <i>Deep End 5-9 Ft</i>   |
| Level 5 | <i>Deep End 5-9 Ft</i>   |
| Level 6 | <i>Deep End 5-9 Ft</i>   |

The pool is located at our Des Plaines camp ground. The pool is separated into three sections. Level 1, 2 are in the shallow end of the pool and the children in these groups are never allowed in the deep end. The depth in the shallow end ranges from 0 to 4 feet. Level 3 is located in the middle portion of the pool and has a depth of around 4 to 5 feet. Again, these swimming groups are never allowed in the deep end. Level 4 to Level 6 are located in the deep end of the pool with a depth range from 5 to 10 feet. **The testing criteria for swim level advancement from level to level is explained in detail in Section II. NOTE: Parents are welcome to come to the pool any day we are swimming to suntan, observe the swim instruction, or join in the fun.**

**WATER SAFETY INSTRUCTORS**

Jolly Fun Day Camp aspires to hire counselors who are either Red Cross Certified Water Safety Instructors or Lifeguards or both. All of our staff are trained and instructed by a Water Safety Instructor in water safety and instructional swim lessons.

**SWIMMING POLICIES**

Jolly Fun Day Camp will not swim or will stop swimming immediately under the following conditions:

First sound of thunder

Cold days (At the discretion of the Director of Swimming and/or Director of Camp)

Feces in the pool

The emergency procedures for the pool evacuation and safety are as follows:

One long whistle from the lifeguard to clear the pool.

Example: Tweeeeeeeeeeeeeeeet.

Three short whistles from the lifeguard to signal that there is an emergency and help is needed. Example: Tweet, Tweet, Tweet.

One short whistle to get the attention of a swimmer.

Example: Tweet.

**"FREE SWIM" SESSIONS**

Our swim program is designed to inter-mix free swim with lessons. There are 2 (two) free swim sessions that last between 25 to 30 minutes, while the lessons last around 40 to 45 minutes. During the free swim sessions, two lifeguards are stationed on both sides of the pool, while the other counselors are stationed approximately every 15 feet (every five yards) around the pool. Since safety is our number one concern, the counselors are taught to keep their eyes in the pool, while maintaining a peripheral view of the pool deck. The counselors are taught to watch and deal with running on the pool deck along with horseplay (i.e. dunking, grabbing, piggy back rides, jumping on other children, jumping backwards off the side, diving in the shallow end, and hanging on guide rails). The children are taught that these activities are dangerous and will not be tolerated. During our free swim sessions, the campers are allowed to use the washrooms with the guidance of a counselor. On extremely hot or cool days, the camp may combine swim sessions for a free swim session with no lessons.

**SWIM LESSONS**

Since our swim program is progressive, results may vary depending on camp attendance. The average time it takes to pass a level is between 2 to 3 weeks. The levels are designed to encourage comfortable swimming growth, while building on past achievements. The shallow end swimming lessons will usually last 40-45 minutes for the campers, while the deep end camper lessons could last a little longer. Once a camper has passed a level, such as Level 1, they will receive a card for completing that level. Cards are issued for each level the child passes. Cards are issued for Level 1, Level 2, Level 3, Level 4, Level 5, and Level 6. After Level 6, the child is eligible to train to become an assistant Water Safety Instructor.

The common swimming equipment provided by Jolly Fun Day Camp for *swim lessons* includes kickboards, ring buoys, rescue tubes, and life vests. During our swim lessons, goggles are not allowed. However, goggles are allowed during free swim, but not encouraged. ***Please write the campers name on the rubber strap with indelible ink.***

**THE FIRST DAY**

The first swimming day that your child arrives at Jolly Fun Day Camp he/she will be tested to determine what swim group they will be in. The testing procedure is as follows:

The child is asked to enter into the water in the shallow end. The child is then tested for the maximum or most difficult skill in each level. For example, if the child can submerge his/her head underwater for 3 seconds and exhale under water he/she will then be tested for Level 2. If the child cannot submerge their head and blow bubbles he/she will be placed in Level 1.

After the test, the child is shown to their swim group and introduced to their swim instructor. They are also instructed on their swimming boundaries.

**QUESTIONS OR COMMENTS**

If you have any questions or concerns regarding our swim program please do not hesitate to let the director know.

**SECTION II**

***Level 1-Introduction to Water Skills***

Level 1: *Guppy Red, Blue, Green, Yellow, & Purple/ 5groups of 10-12 camper maximums-2 swim instructors per group minimum*

| <b>Skill</b>   | <b>Completion Requirement</b>   |
|--|---|
| <b>Water Entry and Exit</b><br># Enter and exit water safely using ladder, steps or side   | Demonstrate, independently  |
| <b>Breath Control and Submerging</b><br># Blowing bubbles through mouth and nose.<br># Bobbing<br># Opening eyes under-water and retrieve submerged objects. | Demonstrate, at least 3 seconds<br>Demonstrate with support, at least 3 times.<br>Demonstrate, at least two times, in shallow water.    |
| <b>Buoyancy on Front</b><br># Front glide<br># Recover from a front float to a vertical position   | Demonstrate, with support, at least 2 body lengths.<br>Demonstrate, with support  |
| <b>Buoyancy on Back</b><br># Back glide<br># Back Float<br># Recover from a back float or glide to a vertical position.                                      | Demonstrate, with support, at least 2 body lengths.<br>Demonstrate, with support, at least 2 body lengths.<br>Demonstrate, with support |
| <b>Changing Directions and Position</b><br># Roll over from front to back<br># Roll over from back to front  | Demonstrate, with support.<br>Demonstrate, with support.  |
| <b>Treading Water</b><br># Arm and hand actions  | Demonstrate, with support, in chest-deep water.   |

**Level 1-Introduction to Water Skills-Cont.**

|   |  |
|---|--|
| <p><b>Swim on Front</b></p> <ul style="list-style-type: none"> <li># Alternating arm action</li> <li># Simultaneous arm action</li> <li># Alternating leg action</li> <li># Simultaneous leg action</li> <li># Combined stroke on front, using any type of arm and leg action</li> </ul>  | <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> |
| <p><b>Swim on Back</b></p> <ul style="list-style-type: none"> <li># Alternating leg action</li> <li># Simultaneous leg action</li> <li># Alternating leg action</li> <li># Simultaneous leg action</li> <li># Combined arm and leg actions on back.</li> </ul>  | <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> <p>Demonstrate, with support, at least 2 body lengths.</p> |
| <p><b>General and Personal Water Safety</b></p> <ul style="list-style-type: none"> <li># Staying safe around aquatic environments</li> <li># Recognizing the life guards.</li> <li># Don't just Pack it, Wear Your Jacket</li> <li># Recognizing an emergency</li> <li># How to call for help</li> <li># Too much Sun is No Fun</li> </ul>  | <p>Discuss</p> <p>Discuss</p> <p>Demonstrate</p> <p>Discuss</p> <p>Demonstrate</p> <p>Discuss</p>  |
| <p># <b>Exit Skills Assessment</b></p> <p>1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “ swim.”)</p> <p>2. Glide on front at least 2 body lengths, roll to the back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)</p> |  |

**Level 2-Fundamental Aquatic Skills**

| Skills   | Completion Requirement   |
|--|--|
| <p><b>Water Entry and Exit</b></p> <ul style="list-style-type: none"> <li># Enter water by stepping or jumping from the side.</li> <li># Exit water using ladder, steps, or side.</li> </ul>   | <p>Demonstrate, independently, in at least shoulder-deep water</p> <p>Demonstrate, independently, in chest deep water</p>  |
| <p><b>Breath Control and Submerging</b></p> <ul style="list-style-type: none"> <li># Fully submerging and holding breath.</li> <li># Bobbing</li> <li># Opening eyes underwater, and retrieving submerged objects.</li> </ul>  | <p>Demonstrate, independently, at least 5 seconds.</p> <p>Demonstrate, independently, at least 5 times, in chest-deep water.</p> <p>Demonstrate, independently, at least 2 times, in chest-deep water.</p> |
| <p><b>Buoyancy on front</b></p> <ul style="list-style-type: none"> <li># Float in a face-down position in water                             <ul style="list-style-type: none"> <li>• Front float</li> <li>• Jellyfish float</li> <li>• Tuck float</li> </ul> </li> <li># Front glide</li> <li># Recover from a back float to a vertical position.</li> </ul> | <p>Demonstrate, independently, at least 5 seconds.</p> <p>Demonstrate, independently, at least 2 body lengths.</p> <p>Demonstrate, independently, in chest-deep water.</p>                                 |
| <p><b>Buoyancy on Back</b></p> <ul style="list-style-type: none"> <li># Back float</li> <li># Back glide</li> <li># Recover from a back float or glide to a vertical position.</li> </ul>  | <p>Demonstrate, independently at least 15 seconds</p> <p>Demonstrate, at least 2 body lengths</p> <p>Demonstrate, independently</p>  |

**Level 2-Fundamental Aquatic Skills- Continued**

|   |   |
|---|---|
| <b>Changing Direction and Position</b><br># Roll from front to back<br># Roll from back to front<br># Change direction of travel while swimming on the front  | Demonstrate<br>Demonstrate<br><br>Demonstrate   |
| <b>Treading Water</b><br># Arm and leg action   | Demonstrate, independently, at least 15 seconds, in shoulder-deep water.  |
| <b>Swim on Front</b><br># Combined arm and leg actions on front   | Demonstrate, independently, at least 5 body lengths.  |
| <b>Swim on Back</b><br># Finning arm action<br><br># Combined arm and leg action on back.   | Demonstrate, independently, at least 5 body lengths.<br>Demonstrate, independently, at least 5 body lengths                         |
| <b>Water Safety</b><br># Staying safe around aquatic environments<br># Don't Just Pack It, Wear Your Jacket<br># Recognizing an Emergency<br># How to call for help<br># Too Much Sun Is No Fun<br># Look before you leap<br># Think So You Don't Sink<br># Reach or Throw, Don't Go  | Discuss<br>Discuss/Demonstrate<br>Discuss<br>Discuss/Demonstrate<br>Discuss<br>Discuss<br>Discuss<br>Discuss/Demonstrate<br>Discuss |
| <b># Exit Skills Assessment</b><br>1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.<br>2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back. |   |

### Level 3-Stroke Development

| Skill              | Completion Requirements |
|--------------------|-------------------------|
| <b>Water Entry</b> |                         |

|   |  |
|---|--|
| # Jump into deep water from the side<br># Head-first entry from the side in a sitting position<br># Head-first entry from the side in a kneeling position   | Demonstrate, into deep water<br>Demonstrate, in water at least 9 feet deep<br>Demonstrate, in water at least 9 feet deep |
| <b>Breath Control and Submerging</b><br># Bobbing while moving toward safety.<br><br># Rotary breathing horizontal position.  | Demonstrate, at least 5 times, in chest deep water.<br>Demonstrate, at least 10 times                                    |
| <b>Buoyancy on Front</b><br># Survival float  | Demonstrate, at least 30 seconds in deep water.  |
| <b>Buoyancy on Back</b><br># Back float   | Back float, at least 30 seconds, in deep water   |
| <b>Changing Directions and Positions</b><br># Change from vertical to horizontal position on front<br># Change form vertical to horizontal position on back   | Demonstrate, in deep water<br><br>Demonstrate, in deep water   |
| <b>Treading</b><br>#Tread water   | Demo, 30 seconds, in deep water  |
| <b>Swim on Front</b><br># Push off in a streamlined position, then begin the flutter kick.<br># Push off in a streamlined position, then begin the dolphin kick.<br># Front crawl                             | Demonstrate, 3-5 body lengths<br><br>Demonstrate, 3-5 body lengths<br>Demonstrate, at least 15 yards                     |
| <b>Swim on Back</b><br># Elementary Back Stroke   | Demonstrate, at least 15 yards   |
| <b>Swim on Side</b><br># Scissors kick  | Demonstrate, at least 10 yards   |
| <b>Water Safety</b><br># Reach or Throw-Don't go<br># Think twice before going near cold water or ice.<br># Look before you leap.   | Discuss<br><br>Demonstrate/Demonstrate<br>Demonstrate  |
| <b># Exit Skills Assessment</b> -Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim the elementary backstroke for 15 yards. |  |

### Level 4-Stroke Improvement

| Skill   | Completion Requirements  |
|---|--|
| <b>Water Entry and Exit</b><br># Dive from side in a compact or stride position   | Demonstrate, in water at least 9 feet deep   |
| <b>Breath Control and Underwater Swimming</b><br># Swim underwater (no hyperventilation)<br><br># Feet-first surface dive   | Demonstrate, at least 3 body lengths<br><br>Demonstrate, submerging completely   |
| <b>Buoyancy on Front</b><br># Survival float  | Demonstrate, at least 1 minute in deep water   |
| <b>Buoyancy on Back</b><br># Back float   | Demonstrate, at least 5 minutes, in deep water   |
| <b>Changing Direction and Position</b><br># Open turn using any stroke on front and push off in streamlined position<br># Open turn using any stroke on back and push off in streamlined position | Demonstrate, then glide at least 2 body lengths before stroking<br><br>Demonstrate, then glide at least 2 body lengths before stroking |
| <b>Treading</b><br># Tread water using modified scissors, breaststroke or rotary kick and sculling arm motions.   | Demonstrate, at least 1 minute   |
| <b>Swim on Front</b><br># Front crawl<br># Breaststroke<br># Butterfly  | Demonstrate, at least 25 yards<br>Demonstrate, at least 15 yards<br>Demonstrate, at least 15 yards                                     |
| <b>Swim on Back</b><br># Back crawl<br># Elementary backstroke  | Demonstrate, at least 25 yards<br>Demonstrate, at least 25 yards   |

***Level 4-Stroke Improvement-Continued***

|   |   |
|---|---|
| <b>Swim on Side</b><br># Swim on side with scissors kick  | Demonstrate, at least 15 yards, with or without support |
| <b>General and Personal Water Safety</b><br># Additional rules for safe diving<br># Compact jump into the water from a height while wearing a life jacket   | Discuss<br>Demonstrate, in water at least 5 feet deep   |
| <b>Helping Others</b><br># Care and conscious choking victim  | Demonstrate   |
| <b># Exit Skills Assessment</b><br>1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.<br>2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards. |   |

***Level 5-Stroke Refinement***

| Skill | Completion Requirements |
|-------|-------------------------|
|-------|-------------------------|

|  |  |
|--|--|
| <b>Water Entry and Exit</b><br># Shallow dive from the side<br><br># Shallow dive, glide two body lengths and begin any front stroke | Demonstrate, in water at least 9 feet deep<br><br>Demonstrate, in water at least 9 feet deep   |
| <b>Breath Control and Underwater Swimming</b><br># Swim underwater (no hyperventilation)<br># Tuck and pike surface dive             | <b>Breath Control and Underwater Swimming</b><br>Demonstrate, at least 15 yards<br>Demonstrate, submerging completely                  |
| <b>Buoyancy on Front</b><br># Survival float   | Demonstrate, at least 2 minutes  |
| <b>Buoyancy on Back</b><br># Back float  | Demonstrate, at least 2 minutes  |
| <b>Changing Direction and Position</b><br># Flip turn while swimming on front<br># Flip turn while swimming on back                  | Demonstrate<br>Demonstrate   |
| <b>Treading</b><br># Tread water using two different kicks (scissors, breaststroke or rotary)  | Demonstrate, at least 2 minutes  |
| <b>Swim on Front</b><br># Front Crawl<br># Breaststroke<br># Butterfly   | Demonstrate, at least 50 yards<br>Demonstrate, at least 25 yards<br>Demonstrate, at least 25 yards                                     |
| <b>Swim on Back</b><br># Elementary backstroke<br># Back Crawl<br># Sculling-<br># Standard Scull                                    | Demonstrate, at least 50 yards<br>Demonstrate, at least 25 yards<br>Demonstrate, at least 25 yards<br>Demonstrate, at least 30 seconds |
| <b>Swim on Side</b><br># Sidestroke  | Demonstrate, at least 25 yards   |

***Level 5-Stroke Refinement-Cont.***

|  |   |
|--|---|
| <b>General and Personal Water Safety</b><br># How to call for help and the importance of knowing First Aid and CCCPR.<br># Recreational water Illnesses<br># Reach or Throw, Don't Go<br># Look Before You Leap<br># Think So You Don't Sink<br># Think Twice Before Going Near Cold Water and Ice.<br># Wave, Tide and Ride, Follow the Guide | Discuss/Demonstrate<br>Discuss<br>Discuss/Demonstrate<br>Discuss/Demonstrate<br>Discuss<br>Discuss/Demonstrate<br>Discuss |
| # <b>Exit Skills Assessment</b><br>1. Perform a shallow dive into deep water, swim front crawl 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.   |   |

***Level 6-Personal Water Safety***

| Skill                                 | Completion Requirement |
|---------------------------------------|------------------------|
| Endurance Skills: Swim on Front, Back |                        |

|   |   |
|---|---|
| <p><b>and Side</b></p> <ul style="list-style-type: none"> <li># Front Crawl</li> <li># Elementary Backstroke</li> <li># Back Crawl</li> <li># Breaststroke</li> <li># Sidestroke</li> <li># Butterfly</li> </ul>  | <p>Demonstrate, at least 100 yards</p> <p>Demonstrate, at least 100 yards</p> <p>Demonstrate, at least 50 yards</p> <p>Demonstrate, at least 50 yards</p> <p>Demonstrate, at least 50 yards</p> <p>Demonstrate, at least 50 yards</p>                                 |
| <p><b>Turns</b></p> <ul style="list-style-type: none"> <li># Front crawl open turn</li> <li># Sidestroke open turn</li> <li># Backstroke open turn</li> <li># Front flip turn</li> <li># Breaststroke turn</li> <li># Butterfly turn</li> <li># Backstroke flip turn</li> </ul> | <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p> <p>Demonstrate while swimming</p>                         |
| <p><b>Review Skills and Information</b></p> <ul style="list-style-type: none"> <li># Help position</li> <li># Huddle position</li> <li># Feet first surface dive</li> <li># Pike surface dive</li> <li># Tuck surface dive</li> <li># Backstroke flip turn</li> </ul>           | <p>Demonstrate, at least 2 min in deep water</p> <p>Demonstrate, at least 2 min in deep water</p> <p>Demonstrate, in water 7 feet deep</p> <p>Demonstrate, in water 7 feet deep</p> <p>Demonstrate, in water 7 feet deep</p> <p>Demonstrate, in water 7 feet deep</p> |

**Level 6-Personal Water Safety-Continued**

|   |   |
|---|---|
| <p><b>Skill Requirements</b></p> <ul style="list-style-type: none"> <li># Tread water</li> <li># Tread water, kicking only</li> </ul> | <p>Demonstrate, 5 min, in deep water</p> <p>Demonstrate, 2 min, in deep</p> |
|---|---|

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li># Surface dive and retrieve an object from the bottom</li> <li># Survival float</li> <li># Back float</li> <li># Survival swimming</li> <li># Self-rescue techniques while clothed</li> <li># Swimming while clothed</li> <li># Basic safety rules for open water</li> <li># Basic safety rules for boating</li> </ul>  | <p>water</p> <p>Demonstrate, in water at least 7-10 feet deep</p> <p>Demonstrate, 5 min, in deep water</p> <p>Demonstrate, 5 min, in deep water</p> <p>Demonstrate at least 10 minutes</p> <p>Demonstrate</p> <p>Demonstrate, at least 50 yards, using any type of stroke</p> <p>Discuss</p> |
| <p># <b>Exit Skill Assessment</b></p> <ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any three strokes of your choice, swimming at least 50 yards of each stroke.</li> <li>2. Jump into deep water, perform survival float 5 minutes, roll over onto back and perform a back float for 5 minutes.</li> <li>3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7-10 feet, return to surface and return to starting point.</li> </ol> |  |

**Cooper 12-Minute Swimming Test**

# **(Start of Summer)** Swim for 12 minutes to cover the greatest distance possible, using whatever stroke is preferred. Record distance. Rest as necessary, but go as far as possible.

# **(End of Summer)** Swim for 12 minutes to cover the greatest distance possible, using whatever stroke is preferred. Record the distance traveled by participants. Compare the results to the start of summer.

**Level 6-Fitness Swimmer**

|  |   |
|--|---|
| <p><b>Skill</b></p> <p><b>Endurance Skills</b></p> <ul style="list-style-type: none"> <li># Front Crawl</li> </ul> | <p><b>Completion Requirement</b></p> <p>Demonstrate, at least 100 yards</p> |
|--|---|

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li># Elementary Backstroke</li> <li># Back Crawl</li> <li># Breaststroke</li> <li># Sidestroke</li> <li># Butterfly</li> </ul>   | <ul style="list-style-type: none"> <li>Demonstrate, at least 100 yards</li> <li>Demonstrate, at least 50 yards</li> <li>Demonstrate, at least 50 yards</li> <li>Demonstrate, at least 50 yards</li> <li>Demonstrate, at least 50 yards</li> </ul>  |
| <p><b>Turns</b></p> <ul style="list-style-type: none"> <li># Front crawl open turn</li> <li># Backstroke open turn</li> <li># Front flip turn</li> <li># Backstroke open turn</li> <li># Sidestroke turn</li> <li># Butterfly turn</li> <li># Breaststroke turn</li> </ul>   | <ul style="list-style-type: none"> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> <li>Demonstrate while swimming</li> </ul> |
| <p><b>Fitness Skills</b></p> <ul style="list-style-type: none"> <li># Circle Swimming</li> <li># Using a pace clock</li> <li># Swimming using equipment                             <ul style="list-style-type: none"> <li>•Pull buoys</li> <li>•Fins</li> <li>•Paddles</li> </ul> </li> <li># Setting an exercise program</li> <li># Calculating target heart rate</li> <li># Aquatic Exercise</li> </ul> | <ul style="list-style-type: none"> <li>Demonstrate</li> <li>Demonstrate</li> <li>Demonstrate, At least 25 yards</li> <br/> <li>Discuss/demonstrate</li> <li>Demonstrate</li> <li>Demonstrate</li> </ul>  |

***Level 6-Fitness Swimmer Exit Skills***

# *Exit Skill Assessment*

1. Swim 500 yards continuously using any three strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.