

## Learn-to-Swim – Level 6

### Skill Chart

#### Advanced Water Skills

- Shallow-angle dive with streamline
- Surface dives (feet-first and head-first)
- Retrieve objects from deep water

#### Endurance & Fitness

- Swim longer continuous distances
- Maintain stroke technique over distance
- Demonstrate pacing and control

#### Stroke Refinement

- Front crawl, extended distance
- Breast stroke, extended distance
- Breaststroke – refined timing
- Butterfly, improved coordination
- Elementary backstroke, extended distance
- Back crawl, extended distance

#### Turns & Transitions

- Front crawl flip turn
- Backstroke flip turn
- Open turns (breaststroke & butterfly)
- Streamlined push-offs

#### Water Competency

- Tread water – extended duration
- Deep water confidence and control

