



**STARFISH**  
AQUATIC CLUB, INC.

## LEVEL 6 - ADVANCED SKILLS

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SKILL	COMPLETED
Freestyle 100-200 yards	
Backstroke for 100-200 yards	
Breaststroke 100 yards	
Butterfly for 100 yards	
Individual Medley 100-200 yards	
Breaststroke pull out introduction	
Competitive starting dive	
Freestyle flip turns with streamline	
Backstroke flip turns with streamline	
Open turns for breaststroke or butterfly with streamline	
Knowledge of at least one drill per stroke (freestyle, backstroke, breaststroke, butterfly)	
Introduction to interval training	

Once your student has successfully completed Level 6, your child is ready for a swim team! Please feel free to ask us for recommendations for local swim team. We would be happy to help! Your student is welcome to continue with lessons as they can always improved upon learned skills.

Make sure to give your student praise when they have accomplished a new skill!