

Step	Skill	Done
A	Able to pass any skills from Level Four if asked	
A	Passes deep end test with proficiency (down and back without touching and 1 minute treading water)	
A	Demonstrates butterfly dolphin kick	
A	Demonstrates butterfly arm stroke	
B	Proficient at elementary backstroke for 25 yards	
B	Proficient at front crawl for 25 yards	
B	Proficient at breast stroke for 25 yards	
B	Proficient at back crawl for 25 yards	
C	Proficient at side stroke for 25 yards	
C	Demonstrates butterfly stroke with dolphin kick	
C	Proficient at change of direction on the wall from front	
C	Proficient at change of direction on the wall from back	