

Step	Skill	Done
A	Able to pass any skills from Level Three if asked	
A	Deep water bobbing	
A	Dive from side of pool from standing position	
A	Sculling on back for 30 seconds	
B	Demonstrate buoyancy and floating positions in deep end	
B	Demonstrate rotary (circular) breathing in chest deep water	
B	Demonstrate Elementary backstroke for 25 yards	
B	Demonstrate breast stroke arms with kicking for 10 yards	
C	Demonstrate front crawl with rotary breathing for 25 yards	
C	Demonstrate breast stroke kicking for 10 yards with board	
C	Demonstrate back crawl for 25 yards	
C	Demonstrate turning at wall (change of directions)	