

Step	Skill	Done
A	Enter and Exit Water using ramp/ladder/side of pool	
A	Move comfortably through the water	
A	Blowing bubbles	
A	Bounce up and down in chest-deep water staying upright	
B	Fully submerged face	
B	Supported float on front	
B	Supported float on back	
B	Retrieve objects from the bottom of pool	
C	Hold breathe for 3 seconds underwater	
C	Kicking with board on front	
C	Kicking with board on back	
C	Able to walk with alternating arms	