

Step	Skill	Done
A	Able to pass any skills from Level Five if asked	
A	Proficient at butterfly dolphin kick	
A	Proficient at butterfly arm stroke	
A	Proficient at racing dive	
B	Able to demonstrate rescue dive	
B	Able to demonstrate rescue pull with buoy and carry	
B	Proficient at Butterfly	
B	Able to teach a level four or five swimmer to improve	
C	Improves speed on front crawl	
C	Improves speed on back crawl	
C	Improves speed on breast stroke	
C	Improves speed on elementary back, butterfly, and side strokes.	