

| Step | Skill  | Done |
|------|--|------|
| A    | Able to pass any skills from Level Two if asked  |      |
| A    | Bob, submerging head completely  |      |
| A    | Retrieve objects, eyes open, no support  |      |
| A    | Prone glide with push-off  |      |
| B    | Bob in water slightly over head to travel to safe area   |      |
| B    | Supine glide with push-off   |      |
| B    | Jump into deep end from side of pool   |      |
| B    | Coordinate back crawl elementary backstroke  |      |
| C    | Coordinate arm stroke for front crawl with breathing to side   |      |
| C    | Dive from side of pool from kneeling position  |      |
| C    | Reverse direction while swimming on front  |      |
| C    | Reverse direction while swimming on back   |      |
| C    | Able to pass deep end test (swim 25 yards any stroke, no stopping, no touching bottom. Then tread water for 30 seconds without struggling) |      |