

Level 4

- Jumping into 12 feet of water
- Retrieving an object in mid-depth water
- Front/back float
- Front/back glide
- Combine front glide into front crawl
- Combine back glide into back crawl
- Front crawl for 1 lap (25 yards)
- Back crawl for 1 lap (25 yards)
- Elementary backstroke for 1 lap (25 yards)
- Rhythmic breathing
- Breaststroke kick for 1 lap (25 yards)
- Introduction to breaststroke arms
- Butterfly kick for 1 lap (25 yards)
- Treading water in 12 feet of water for 1 minute with no assistance
- Kneeling dive
- Introduction of standing dive
- Deep water bobbing
- Scissor kick for sidestroke 1 lap (25 yards)
- **Safety Skill:** Reaching and throwing assists