

SKILLS ACCOMPLISHED:

- ENTER AND EXIT WATER ON OWN**
- BOB 5 TIMES**
- FRONT FLOAT (5 SECONDS)**
- BACK FLOAT (5 SECONDS)**
- KICKING USING BARBELL (5 BODY LENGTHS)**
- SWIMMING ON FRONT (2 BODY LENGTHS)**
- FRONT GLIDE (2 BODY LENGTHS)**
- FRONT CRAWL STROKE ARMS**
- ELEMENTARY BACKSTROKE ARMS**
- RETRIEVING SUBMERGED OBJECT**

LEVEL 1

