

## SKILLS ACCOMPLISHED:

- STANDING DIVE**
- TREAD WATER (USING 2 DIFFERENT KICKS - 1 MIN)**
- BUTTERFLY (10 YARDS)**
- FRONT CRAWL STROKE (25 YARDS)**  
**OUT OF WATER ARM RECOVERY, SIDE BREATHING & CONTINUOUS FLUTTER KICK**
- ELEMENTARY BACKSTROKE (25 YARDS)**  
**CONTINUOUS FROG KICK & GLIDE**
- BREAST STROKE (25 YARDS)**
- FRONT CRAWL STROKE (25 YARDS)**
- BACK CRAWL STROKE (25 YARDS)**
- ELEMENTARY BACK STROKE (25 YARDS)**
- SIDE STROKE (15 YARDS)**
- CONTINUOUSLY KICK USING A KICKBOARD (50 YARDS)**
- FEET-FIRST SURFACE DIVE**
- STREAMLINE (5 BODY LENGTHS)**

# LEVEL 4

