Level 4 Stroke Improvement									
Breath Control/Underwater swimming									
Rotary breathing									
Swim Underwater 5 feet									
Buoyancy on Front									
Survival Float									
Buoyancy on back									
Back Float 30 seconds									
Changing Direction and Position									
Open turn on front, push off streamline prostion									
Open turn on back, push off streamline position									
Swim on Front									
Breast Stroke kick and arms									
Butterfly									
Front Crawl									
Swim on Back									
Elementary backstroke									
Back crawl									
Swim on Side									
Sidestroke with scissor kick									
General and Personal Water Safety									
Tread water 2 minutes									
Throwing assist									
Exit Skills Assessment									
Jump into deep water from side 50 yards swim rotary breathing									
Swim Elementary backstroke 25 yards									
Swim Breastroke 25 yards									
Swim back crawl 50 yards									