**Level Four Skills**

1. Swim Front crawl, with rotary breathing, for 25 yards
2. Swim back crawl, straight, for 25 yards
3. Swim breast stroke, with appropriate breathing, for 25 yards
4. Swim elementary back stroke, straight, for 25 yards
5. Tread water for 2 minutes
6. Demonstrate the difference between shallow water and deep water dives
7. Demonstrate understanding of butterfly
8. Demonstrate understanding of side stroke