**Level One Skills**

1. Submerge completely under the water
2. Float on front and back, unassisted, for 10 seconds
3. Retrieve a submerged object, such as a ring
4. Enter and exit the pool, unassisted, using the ladder
5. Flip from front float to back float and vice versa
6. Coordinate arm and leg movement on front and back (with assistance)
7. Demonstrate understanding and general competency of front and back glide