**Level Three Skills**

1. Swim front crawl, with rotary breathing, for 10 body lengths
2. Swim back crawl, straight, for 10 body lengths
3. Swim breast stroke for 10 body lengths
4. Swim elementary back stroke for 10 body lengths
5. Tread water for 30 seconds
6. Jump into deep water, unassisted, and recover
7. Proficient sitting/kneeling dives