Level 1 Stroke Performance Criteria

Component	Swim on Front (Combined Stroke Using Any Type of Arm or Leg Action)	Swim on Back (Combined Stroke Using Any Type of Arm or Leg Action)
Legs	Alternating or simultaneous kicking motion from a supported position	Alternating or simultaneous kicking motion from a supported position
Arms	Alternating or simultaneous propulsive and recovery actions from a supported position	Alternating or simultaneous propulsive and recovery actions from a supported position