



SKILLS CHECKLIST

Learn-to-Swim Level 2

In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:

Enter water by stepping or jumping from the side (in shoulder-deep water)
Exit water using ladder, steps or side (in chest-deep water)
Fully submerging and holding breath, 5 seconds
Bobbing, 5 times (in chest-deep water)
Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
Front float, 5 seconds
Jellyfish float, 5 seconds
Tuck float, 5 seconds
Front glide, 2 body lengths
Recover from a front float or glide to a vertical position
Back float, 15 seconds
Back glide, 2 body lengths
Recover from a back float or glide to a vertical position
Roll from front to back
Roll from back to front
Change direction of travel while swimming on front or back
Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
Combined arm and leg actions on front, 5 body lengths
Finning arm action on back, 5 body lengths
Combined arm and leg actions on back, 5 body lengths

Safety Topics

Staying safe around aquatic environments
Don't Just Pack It, Wear Your Jacket
Recognizing an emergency
How to call for help
Too Much Sun Is No Fun
Look Before You Leap
Think So You Don't Sink
Reach or Throw, Don't Go

Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)