

LEARN TO SWIM

Level 2 - Fundamental Aquatic Skills

Instructor: _____

Swimmer: _____

SKILLS	Pass	Needs Improvement
Enter water by stepping or jumping from the side (into shoulder-deep water)		
Exit water using ladder, steps or side (from chest-deep water)		
Fully submerge and hold breath, 10 seconds		
Bobbing, 10 times (in chest-deep water)		
Open eyes underwater and retrieve submerged objects, 3 times (in chest-deep water)		
Rotary breathing, 5 times		
Front glide, 2 body lengths		
Float in a face-down position, 10 seconds - Front float - Jellyfish float - Tuck float		
Recover from a front float or glide to a vertical position		
Back glide, 2 body lengths		
Back float, 15 seconds in chest-deep water		
Recover from a back float or glide to a vertical position in chest-deep water		
Roll from front to back		
Roll from back to front		
Change direction of travel while swimming on front or back		
Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)		
Combined arm and leg actions on front, 5 body lengths		

EXIT SKILLS ASSESSMENT	Pass	Needs Improvement
1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.		
2. Move into a back float for 15 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.		

- COMMENTS -
