

Learn-to-Swim – Level 2

Skill Chart

Water Adjustment, Entry and Exit

- Enter water by stepping or jumping from the side into shoulder-deep water
- Exit water using ladder, steps or side from shoulder-deep water

Breath Control and Submerging

- 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

Buoyancy on Front

- Float in a face-down position, 10 seconds
- Recover from a front float or glide to a vertical position

Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 15 seconds in chest-deep water
- Recover from a back float or glide to a vertical position

Changing Direction and Position and Treading

- 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

Swim on Front and Back

- Combined arm and leg actions on front and back, 5 body lengths

