

Preschool Aquatics – Level 2

Skill Chart

Water Adjustment, Entry and Exit

- Enter by stepping in from deck or low height into shoulder-deep water
- Exit using ladder, steps or side from chest-deep water

Breath Control and Submerging

- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects in chest-deep water

Buoyancy on Front

- Front glide, 2 body lengths
- Front float, 3 seconds
- Recover from a front float or glide to a vertical position

Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 3 seconds
- 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
- Tread water using arm and leg actions, 15 seconds in shoulder-deep water

Swim on Front and Back

All – 3 body lengths

- Combined arm and leg actions on front
- Combined arm and leg actions on back

