

Level 2 Fundamental Aquatic Skills

Water Entry and Exit

Enter water by stepping or jumping from side

Breath Control/Underwater swimming

Submerge entire head

10 Bobs

Open eyes underwater, pick up a submerged object

Buoyancy on Front

Unsupported front float-face in water

Recover from front float to standing position

Front glide

Buoyancy on back

Unsupported back float

Recover from back float to standing position

Back glide

Changing Direction and Position

Roll over from front to back Unsupported

Roll over from back to front Unsupported

Swim on Front

Unsupported combined arm and leg action

Swim on Back

Unsupported "finning" arm action

Unsupported combined arm and leg action

Supported combined arm and leg action

General and Personal Water Safety

Water safety rules

Lifejackets

How to recognize a swimmer in distress

How to get help

Exit Skills Assessment

Step from side of pool into chest deep water, move to a front float for 5 seconds and return to standing position

Push off and swim using a combination of arm and leg action for 15 feet on front and back