

Learn to Swim Level 2

Fundamental Aquatic Skills

	Participant's Name							
		1	2	3	4	5	6	7
Enter water by stepping or jumping from the side (into shoulder-deep water)								
Exit water using ladder, steps or side (chest-deep water)								
Fully submerge and hold breath, 10 seconds								
Bobbing, 10 times (chest-deep water)								
Open eyes underwater and retrieve submerged objects, 3 times (chest-deep water)								
Rotary breathing, 5 times								
Front glide, 2 body lengths								
Float in a face-down position, 10 seconds <ul style="list-style-type: none"> • 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								

