

Learn to Swim

Level 2

Skills:

- _____ Enter the water by stepping or jumping from the side (in shoulder deep water)
- _____ Exit water using ladder, steps or side (in chest deep water)
- _____ Fully submerging and holding breathe, **5 seconds**
- _____ Bobbing, **5 times** (in chest deep water)
- _____ Opening eyes under water and retrieving submerged objects, **2 times**
- _____ Front float, **5 seconds**
- _____ Jellyfish float, **5 seconds**
- _____ Tuck float, **5 seconds**
- _____ Front glide, **2 body lengths**
- _____ Recover from a front float or glide to a vertical position
- _____ Back float, **15 seconds**
- _____ Back glide, **2 body lengths**
- _____ Recover from a back float or glide to a vertical position
- _____ Roll from front to back
- _____ Roll from back to front
- _____ Change direction of travel while swimming on front or back
- _____ Treading using arm and leg actions, **15 seconds**
- _____ Combined arm and leg actions on front, **5 body lengths**
- _____ Fining arm action on back, **5 body lengths**
- _____ Combined arm and leg actions on back, **5 body lengths**
- _____ Put on lifejacket alone, jump into deep water and kick on back **10 yards**

Safety Topics:

- _____ Staying safe around aquatic environments
- _____ Don't just pack it, wear your jacket
- _____ Recognizing an emergency
- _____ How to call for help
- _____ Too much sun is no fun
- _____ Look before you leap
- _____ Think so you don't sink
- _____ Reach or throw, don't go

Exit Skills:

- _____ Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then recover to a vertical position.
- _____ Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- _____ 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.
(You can assist the participant when taking a breath.)

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____