

Outlines for Learn-to-Swim Levels

Level 2—Fundamental Aquatic Skills

Equipment	
<ul style="list-style-type: none"> ■ U.S. Coast Guard–approved life jackets (correct sizes for the students) ■ Kickboards or other flotation devices for drills 	
Skill	Completion Requirement
<p>Water Entry and Exit</p> <p>Enter water by stepping or jumping from the side</p> <p>Exit water safely using ladder or side</p>	<p>Demonstrate, independently, in chest-deep water</p> <p>Demonstrate, independently, from chest-deep water</p>
<p>Breath Control and Underwater Swimming</p> <p>Submerge entire head</p> <p>Blow bubbles, submerging head in a rhythmic pattern (bobs)</p> <p>Open eyes underwater, pick up a submerged object</p>	<p>Demonstrate, at least 5 seconds</p> <p>Demonstrate, at least 5 times</p> <p>Demonstrate, at least 3 times, in shallow water</p>
<p>Buoyancy on Front</p> <p>Show comfort maintaining a front float position with face in water</p> <p>Recover from a front float to a standing position</p> <p>Front glide</p> <p>Float in a face-down position (jellyfish float)</p>	<p>Demonstrate, at least 5 seconds, unsupported</p> <p>Demonstrate, unsupported</p> <p>Demonstrate, at least 2 body lengths, unsupported</p> <p>Explore, at least 5 seconds</p>
<p>Buoyancy on Back</p> <p>Show comfort maintaining a back float position</p> <p>Recover from a back float to a standing position</p> <p>Back glide</p>	<p>Demonstrate, at least 5 seconds, unsupported</p> <p>Demonstrate, unsupported</p> <p>Demonstrate, at least 2 body lengths, unsupported</p>
<p>Changing Direction and Position</p> <p>Change direction of travel paddling on front or back</p> <p>Roll over from front to back</p> <p>Roll over from back to front</p>	<p>Demonstrate, unsupported</p> <p>Demonstrate, unsupported</p> <p>Demonstrate, unsupported</p>

Skill	Completion Requirement
<p>Treading Using arm and leg motions</p>	<p>Explore, unsupported, in chest-deep water</p>
<p>Swim on Front Combined arm and leg actions on front, using any combination of alternating and simultaneous arm and leg actions</p>	<p>Explore, at least 15 feet, unsupported</p>
<p>Swim on Back Finning arm action Sculling arm action Combined arm and leg actions on back, using any combination of alternating and simultaneous arm and leg actions</p>	<p>Explore, at least 10 feet, unsupported Explore, at least 10 feet, unsupported Explore, at least 15 feet, unsupported</p>
<p>Swim on Side Alternating leg action Simultaneous leg action</p>	<p>Demonstrate, at least 5 feet, with support, on either left or right side Demonstrate, at least 5 feet, with support</p>
<p>General and Personal Water Safety Water safety rules: <ul style="list-style-type: none"> ■ Be cool, follow the rules. ■ Always swim with a buddy in a supervised area. ■ Look before you leap. How to use a life jacket Move in the water while wearing a life jacket</p>	<p>Discuss Discuss Demonstrate</p>
<p>Helping Others How to recognize a swimmer in distress How to get help</p>	<p>Discuss Demonstrate</p>
<p>Exit Skills Assessment</p> <ol style="list-style-type: none"> 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. 2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back. 	