

ADULT SWIM

LEVEL 2 – IMPROVING SKILLS AND SWIMMING STROKES

SAFETY TOPICS:

- General water safety
- Circle of drowning prevention
- Chain drowning survival
- FA/CPR/AED
- Identify the steps of CPR
- Use of life jackets
- HELP position
- Huddle position
- Pool rules
- Water safety discussion

NEW SKILLS:

- Entering from the side with increased comfort
- Rotary breathing
- Drills for body position and improving rotary breathing
- Flutter kicking on back
- Submerging and swimming underwater
- Dolphin kicks
- Back crawl arms
- Full back crawl
- Open turn on back and front
- Sidestroke arms and coordination
- Tread water, legs only
- Tuck surface dive
- Butterfly arms
- Butterfly stroke
- Feetfirst surface dive
- Pike surface dive
- Back crawl open turn
- Flip turn on front and drills
- Swimming underwater
- Back crawl flip turn and drills
- Elementary backstroke increasing distance
- Front crawl using open turns
- Flip turn on front and drills
- Front crawl using flip turn
- Back crawl flip turn and drills
- Back crawl using flip turn
- Back crawl using open turns
- Exit skills assessment

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