

## LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS (Age 4+)

### SAFETY TOPICS:

- Staying safe around water
- Recognizing an emergency
- Don't just pack it, Wear Your Jacket
- Reach or Throw, Don't Go—reaching assists
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink

### NEW SKILLS:

- Enter and exit the water by steps, ladder or side
- Fully submerge head and hold breath
- Bobs away from wall, back to the wall
- Front float and recover
- Jellyfish float and recover
- Combined arm and leg actions on front
- Exit water at side from chest deep water
- Tuck float and recover independently
- Open eyes, pick up submerged object from shallow water
- Kicking drills
- Back glide with kick and recover with assistance
- Front glide, face in, roll to back then recover
- Front glide with kick then recover with assistance
- Finning arm action on back with support
- Step or jump in from side at least shoulder deep water
- Open eye, pick up submerged object from chest deep water
- Arm stroke drills (alternating and simultaneous)
- Swim on front with combined arm and leg actions independently
- Back float independently
- Arm stroke drills on back
- Swim on back with finning action
- Combined arm and leg actions swimming on front, turn around and continue swimming
- Swim on front while wearing life jacket, then roll on back
- Swim on back wearing life jacket
- Combined alternating arm and leg actions on back
- Combined alternation arm and leg actions on front
- Back float , roll to front, then swim combined arm and leg actions on front with assistance
- Tread water – leg motions
- Exit skills assessment