

Stewartville Pool Swim Program

Level 2

Swimmer's Name: _____

Date: _____

Instructor: _____

Skills:

- Enter and exit water by stepping or jumping from the side
- Fully submerged bobbing, 5 times
- With eyes open, retrieve fully submerged object, 2 times
- Front float, 10 seconds
- Front glide, 2 body lengths
- Recover from front glide to vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from back glide to vertical position
- Change direction of travel while swimming on front or back
- Treading, 15 seconds
- Roll from front to back
- Roll from back to front
- Combined arm and leg actions of front crawl with rotary breathing, 15 yards
- Combined arm and leg actions of back crawl, 15 yards



Safety:

- Practice safe skills around water
- Review proper life jacket use
- Get ahold of an adult during emergency
- Wear sunscreen
- Proper use of rescue tubes, Reach and Throw assist
- Know your limits of water depth

Strengths:

Areas to work on:

Next recommended swimming lessons level: _____

