LEVEL 2 – SECONDARY BEGINNER

* Enter water by stepping or jumping from the side
* Exit water safely using ladder or side
* Submerge entire head
* Bobs
* Open eyes underwater, pick up a submerged object
* Maintain front float position (face in water)
* Recover from front float to standing position
* Front glide (elementary front stroke)
* Float in face-down position (Jellyfish Float)
* Maintain back float position
* Recover from back float to standing position
* Back glide (elementary back stroke)
* Change direction of travel while paddling on front or back
* Roll over from front to back
* Roll over from back to front
* Tread water using arm and leg motions

**ON THE FRONT**

Combined arm and leg action on front

**ON THE BACK**

Finning arm action

Sculling arm action

Combined arm and leg actions on back

**ON THE SIDE**

Simultaneous leg action

Alternating leg action

* Survival float (10-15 Seconds)
* Water safety rules
* How to use a life jacket
* Move in water while wearing a life jacket
* How to recognize a swimmer in distress
* How to get help

**TEST:**

1. Step from side into chest deep water, move to 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 positon.
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.