



SKILLS CHECKLIST

Learn-to-Swim Level 2

Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Enter water by stepping or jumping from the side (in shoulder-deep water)									
Exit water using ladder, steps or side (in chest-deep water)											
Fully submerging and holding breath, 5 seconds											
Bobbing, 5 times (in chest-deep water)											
Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)											
Front float, 5 seconds											
Jellyfish float, 5 seconds											
Tuck float, 5 seconds											
Front glide, 2 body lengths											
Recover from a front float or glide to a vertical position											
Back float, 15 seconds											
Back glide, 2 body lengths											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											
Change direction of travel while swimming on front or back											



Instructor Name:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Date:											
Treading using arm and leg actions, 15 seconds (in shoulder-deep water)											
Combined arm and leg actions on front, 5 body lengths											
Finning arm action on back, 5 body lengths											
Combined arm and leg actions on back, 5 body lengths											
Safety Topics											
Staying safe around aquatic environments											
Don't Just Pack It, Wear Your Jacket											
Recognizing an emergency											
How to call for help											
Too Much Sun Is No Fun											
Look Before You Leap											
Think So You Don't Sink											
Reach or Throw, Don't Go											
Exit Skills Assessment											
1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.											
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.											
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)											