

West Shore Recreation Commission - American Red Cross Swimming Lessons

Level 2 – Skills Checklist

Name: _____ **Instructor:** _____

This checklist was designed to help you, your child, and the instructor acknowledge the skills learned (checked items), and identify the skills needed to pass Level 2.

- 1. Enter water by stepping or jumping from the side (in shoulder-deep water) _____
- 2. Exit water using ladder, steps or side (in chest-deep water) _____
- 3. Fully submerging and holding breath, 10 seconds _____
- 4. Bobbing, 10 times (in chest-deep water) _____
- 5. Opening eyes under water and retrieving submerged objects, 3 times(in chest-deep water) _____
- 6. Rotary breathing, 5 times _____
- 7. Front glide, 2 body lengths _____
- 8. Float in a face-down position, 10 seconds _____
 - Front float _____
 - Jellyfish float _____
 - Tuck float _____
- 9. Recover from a front float or glide to a vertical position _____
- 10. Back glide, 2 body lengths _____
- 11. Back float, 15 seconds _____
- 12. Recover from a back float or glide to a vertical position _____
- 13. Roll from front to back _____
- 14. Roll from back to front _____
- 15. Change direction of travel while swimming on front or back _____
- 16. Treading using arm and leg actions, 15 seconds (in shoulder-deep water) _____
- 17. Combined arm and leg actions on front, 5 body lengths _____
- 18. Finning arm action on back, 5 body lengths _____
- 19. Combined arm and leg actions on back, 5 body lengths _____
- Safety**
- 20. Staying safe around water _____
- 21. Don't just pack it, wear your jacket _____
- 22. Recognizing an emergency _____
- 23. How to call for help _____
- 24. Too much sun is no fun _____
- 25. Look before you leap _____
- 26. Think so you don't sink _____
- 27. Reach or throw, don't go _____
- 28. The danger of drains _____

Exit Skills Assessment

- 1. Step from side into chest-deep water, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit water. _____
- 2. Move into a back float for 15 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 (instructor can assist the participant when taking a breath). _____

Comments:

Your child: _____ **should repeat level 2** _____ **has completed all skills for level 2**