

**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**