LEVEL 2

PRIMARY SKILLS

Code:
* * Excellent
* + Good
* − Needs Work

WATER ADJUSTMENT

____Holds breath and fully submerged head for
       ____ seconds

____Comfortable in deep water with support

____Plays games and stunts that reinforce skills

BUOYANCY AND BREATH CONTROL

____Pencil float unsupported for 5 seconds

____Back float unsupported for 5 seconds

____Can float parallel to the bottom of pool

____10 bobs with full submersion

WATER ENTRY & EXIT

____Jump from side into deep water and swim to
       side unassisted

LOCOMOTION

____Flutter kick on front unassisted

____Flutter kick on back unassisted

____Backstroke arm action standing

____Front crawl arm action standing

____Front crawl 5 yards

____Backstroke 5 yards

____Back to front turnovers

____Front to back turnovers

Sign up for: _____