

SKILLS CHECKLIST

Learn-to-Swim Level 2

Instructor Name: Date:	Participants' Names	÷	2.	s,	4.	5.	9.	7.	 6	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										