**Level 2: Fundamental Aquatic Skills**

 Students entering must have Level 1B certificate or be able to demonstrate all the completion requirements in Level 1B. The objective of Level II is to give the students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level II adds to the self-help and basic rescue skills begun in Level 1.

**Cost:  $30/City; $42/Non-city**

**Skills:**

* 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
* 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
* Treading using arm and leg actions, 15 seconds
* 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 length

**Exit Skills Assessment:**

* **Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, and then return to vertical position.**
* **Move into a back float for 5 seconds, roll to front, and then recover to a vertical position**
* **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, and then continue swimming for 5 body lengths. (You can assist the student when taking a breath.)**