

Level 2 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 hold breath, 10 seconds
- Bobbing, 10 times (in chest-deep water)
- Open eyes under water and retrieve submerged objects, 3 times (in chest-deep water)
- Rotary Breathing, 5 times
- Front glide, 2 body lengths
- Float in a face-down position, 10 seconds
 - Front float
 - Jellyfish float
 - Tuck float
- Recover from a front float or glide to a vertical position
- Back glide, 2 body lengths
- Back float, 15 seconds in chest-deep water
- Recover from a back float or glide to a vertical position in chest-deep water
- 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 (in shoulder-deep water)
- 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 lengths

Safety Topics

- Staying safe around water
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go
- The danger of drains

Exit Skills Assessment

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the 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.