

### ***Sea Squirts II Skills***

- Enter water by stepping from the side
- Exit water safely at the side
- Bobs
- Open eyes underwater, pick up submerged object
- Front float
- Back float
- Front glide with face in and recover
- Back glide and recover
- Finning arm actions on back
- Roll from front to back
- Roll from back to front
- Treading water using arm and leg actions
- Combined arm and leg actions on front
- Combined arm and leg actions on back

### ***Safety Topics***

- Staying safe around water
- Recognizing lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

### ***Exit Skills Assessment***

1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.