

Level 2

- Jumping in or stepping off edge of pool with no assistance
- Bobbing- fully submerging to retrieve object in shallow water
- Front float for 10 seconds with little or no assistance
- Back float for 10 seconds with little or no assistance
- Front glide for 10 seconds with little or no assistance
- Back glide for 10 seconds with little or no assistance
- Rotating from front float to back float with little or no assistance
- Rotating from back float to front float with little or no assistance
- Alternating arms and legs on front (front crawl) for 10 feet with no assistance
- Alternating arms and legs on back (back crawl) for 10 feet with no assistance
- Treading water introduction in shallow water
- **Safety Skill:** Lifejackets in deep water