

## Level 2: Beginner

### Fundamental Aquatic Skills

#### Skills

- Stepping or jumping from the side into chest-deep water
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

#### Exit Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, then return to a vertical position
- Move into a back float for 5 seconds, roll to front, 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 front, then continue for 5 body lengths (can be assisted when getting a breath)

#### Safety Focus

- Staying safe around aquatic environments
- 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