

Level II

Primary Skills

- Hold breath and fully submerge (3 seconds)
- Submerge and retrieve objects in chest deep water
- Explore deep water with support
- Prone float or glide unsupported and recovery (5 seconds)
- Back float or glide unsupported and recovery (5 seconds)
- Leveling off from vertical position
- Rhythmic breathing (bobbing) with or without support (10 times)
- Step from side into chest deep water and recover to vertical position
- Get out at side of pool
- Flutter kick on front
- Flutter kick on back
- Finning on back
- Back crawl arm action
- Combined stroke on front using flutter kick and crawl stroke arms (5 yards)
- Combined stroke on front using flutter kick and finning or backstroke arms (5 yards)
- Turning over, front to back/back to front
- Use of lifejacket
- Reaching and extension assists
- Assist non-swimmer to feet
- Rescue breathing demonstration

