



LEARN-TO-SWIM LEVEL 2
FUNDAMENTAL
AQUATIC SKILLS

Here's a list of all the skills you completed in Level 2 of the **American Red Cross** Learn to Swim program.

Core Skills

1. Enter water by stepping or jumping from the side into shoulder-deep water
2. Exit water using ladder, steps, or side from chest deep water
3. Hold breath—10 seconds
4. Bob—10 times—in chest deep water
5. Open eyes underwater and retrieve submerged objects in chest deep water, 3 times
6. Rhythmic breathing—5 times
7. Float in face-down position—front float, jellyfish float, & tuck float
8. Front float or glide with recovery
9. Back float—15 seconds—in chest-deep water
10. Back glide—2 body lengths
11. Roll from front to back
12. Roll from back to front
13. Change direction
14. Tread water using arm and leg actions—15 seconds
15. Front crawl stroke arms and legs—5 body lengths
16. Finning on back—5 body lengths
17. Elementary backstroke arms—5 body lengths

Safety Topics

18. Staying safe around water
19. Don't Just Pack It, Wear Your Jacket
20. Recognizing an emergency
21. How to call for help
22. Too Much Sun Is No Fun
23. Look Before You Leap
24. Think So You Don't Sink
25. Reach or Throw, Don't Go
26. The danger of drains

Exit Skills Assessment

27. Jump 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 water.
28. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body length.
29. Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body length.



LEARN-TO-SWIM LEVEL 2
FUNDAMENTAL
AQUATIC SKILLS

Here's a list of all the skills you completed in Level 1 of the **American Red Cross** Learn to Swim program.

Core Skills

1. Enter water by stepping or jumping from the side into shoulder-deep water
2. Exit water using ladder, steps, or side from chest deep water
3. Hold breath—10 seconds
4. Bob—10 times—in chest deep water
5. Open eyes underwater and retrieve submerged objects in chest deep water, 3 times
6. Rhythmic breathing—5 times
7. Float in face-down position—front float, jellyfish float, & tuck float
8. Front float or glide with recovery
9. Back float—15 seconds—in chest-deep water
10. Back glide—2 body lengths
11. Roll from front to back
12. Roll from back to front
13. Change direction
14. Tread water using arm and leg actions—15 seconds
15. Front crawl stroke arms and legs—5 body lengths
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Exit Skills Assessment

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