

Level 2

Instructor's Name:	Participant's Names:	1	2	3	4	5	6	7	8
Date:									
Time:									
Enter and exit water by stairs/side of pool.									
Bobbing with whole head submerged 10 times. Pick up submerged itemed 2 times in chest deep water.									
Front and back glide for 2 body lengths.									
Jellyfish and tuck float for 5 seconds.									
Front and back float for 5 seconds.									
Front and Back glide for 2 body lengths.									
Tread water for 15 seconds									
Front crawl for 15 feet.									
Back crawl for 15 feet.									
Elementary back stroke for 15 feet.									
Finning/Sculling on back for 10 feet.									
Watery safety rules.									
Importance of/how to wear lifejacket.									
Jumping into chest deep water.									

Notes: