

Nevada Parks and Recreation
Group Swim Lesson Program
Water Basics - Level 2
6 years old or Completed Level 1

Level 2

- 1. Enter and exit the water unassisted*
- 2. Submerge head for 5 seconds*
- 3. Bob underwater 5 times*
- 4. Proper Rhythmic Breathing*
- 5. Front Float for 10 seconds*
- 6. Back Float for 10 seconds*
- 7. Demonstrate jellyfish and tuck float*
- 8. Front Glide 3 body lengths*
- 9. Back Glide 3 body lengths*
- 10. Retrieve submerged object while opening eyes underwater*
- 11. Combined arm and leg action on front and back for 5 body lengths*
- 12. Tread water for 15 seconds*
- 13. Changing directions when swimming*
- 14. Combined arm and leg action from glide position both front and back*
- 15. Finning action on back for 5 body lengths*

Exit Skills: Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, return to vertical position.

Move into back float for 5 seconds, roll to front and return to 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 and continue swimming for 5 body lengths.