



Preschool Swim Level 2

Enter water by stepping in from deck or low height	Roll from front to back and back to front
Exit water using ladder, steps or side	Tread water using arm and leg actions for 15 seconds
Bobbing, 5 times	Combined arm and leg actions on front
Open eyes under water and retrieve submerged objects	Finning arm action on back
Front glide and recover to a vertical position	Combined arm and leg actions on back
Front glide and recover to a vertical position	Exit Assessment: With Support
Front float for 3 seconds	Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
Back glide and recover to a vertical position	Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position
Back float for 15 seconds	Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

