



# Learn to Swim Level 2

Step or jump from the side into shoulder-deep water	Back float for 15 seconds
Exit water using ladder, steps or side	Roll from front to back and back to front
Fully submerge and hold breath	Tread water for 15 seconds
Bobbing, 10 times	Change direction of travel while swimming on front or back
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on front and back
Rotary breathing	<b>Exit Assessment: With Support</b>
Front, jellyfish and tuck floats for 10 seconds	Step from side 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.
Front glide and Back glide recover to a vertical position	Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
Finning arm action on back	Push off and swim combining arms and legs on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming at least 5 body lengths.

