

## **SKILLS ACCOMPLISHED:**

- JUMP INTO WATER ON OWN**
- BOBBING TOWARDS SAFETY**
- BACK FLOAT (10 SECONDS)**
- TREAD WATER (15 SECONDS)**
- KICKING USING A KICKBOARD (10 YARDS)**
- DOLPHIN KICK (3 BODY LENGTHS)**
- FRONT GLIDE (4 BODY LENGTHS)**
- BACK GLIDE (2 BODY LENGTHS)**
- FRONT CRAWL STROKE (5 BODY LENGTHS)**
- BREAST STROKE ARMS**
- ELEMENTARY BACKSTROKE (5 BODY LENGTHS)**

# **LEVEL 2**

