

HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: _____

Instructor's Name: _____

Level swimmer should register for: _____

Date Completed: _____

Level Two: Fundamental Aquatic Skills

- Enter water by stepping or jumping from the side (into shoulder-deep water) (with support)
- Exit the water using ladder, steps or side (from chest-deep water) (with support)
- Fully submerge and hold breath for 10 seconds
- Bob 10 times independently in chest-deep water (with support)
- Open eyes underwater and retrieve submerged objects - demonstrate 3 times (in chest-deep water) (with support)
- Float in a face down position for 10 seconds each:
 - Front float (with support)
 - Jellyfish float (with support)
 - Tuck float (with support)
- Front glide 2 body lengths (with support)
- Rotary breathing - 5 times (with support)
- Recover from a front float or glide to a vertical position (with support)
- Back glide independently 2 body lengths (with support)
- Back float independently for 15 seconds in chest-deep water (with support)
- Recover from a back float or glide to a vertical position in chest-deep water (with support)
- Roll from front to back (with support)
- Roll from back to front (with support)
- Change directions of travel while swimming on front or back (with support)
- Tread water using arm and leg actions on front - 5 body lengths (with support)
- Combine arm and leg actions on front - 5 body lengths (with support)
- Finning arm action on back - 5 body lengths (with support)
- Combine arm and leg actions on back - 5 body lengths (with support)
- Water Safety Skills:
 - * Staying safe around water
 - * Don't just pack it, wear your jacket
 - * Recognizing an emergency
 - * How to call for help
 - * Too much sun is no fun
 - * Look before you leap
 - * Think so you don't sink
 - * Reach or throw, don't go
 - * The danger of drains



Exit Skills:

- 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 the water
- Move into a back float for 15 seconds, roll to front, then recover to vertical position
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths



Instructor's Notes:

Parks
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Life
Better!