



**City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
Learn-to-Swim: LEVEL 2**

Swimmer's First Name: _____
 Swimmer's Last Name: _____
 Year: _____ Rec Trac Course #: _____
 Instructor(s): _____

KEY
 P = Pass
 F = Fail
 NW = Needs Work
 N/A = Not Applicable

SWIM SKILLS	
Jump into deep water	
Fully submerge face (10 seconds)	
Rhythmic breathing (15 bobs)	
Pick up object from bottom of shallow (3 times)	
Unsupported front float with recovery to vertical (10 seconds)	
Unsupported jellyfish float (10 seconds)	
Unsupported tuck float (10 seconds)	
Unsupported back float with recovery to vertical (15 seconds)	
Front glide (2 body lengths) with recovery to vertical	
Back glide (2 body lengths) with recovery to vertical	
Roll from front to back and back to front	
Flutter kick on front (1 width)	
Flutter kick on back (1 width)	
Combined arm and leg action on front (1 width)	
Combined arm and leg action on back (1 width)	
Change direction while swimming on front and back	
Intro to rotary breathing (5 times)	
Finning arm action on back	
Treading in deep end (15 seconds)	

PUTTING IT TOGETHER	
Step from side into chest-deep water, tread or float for 15 seconds, swim on front or back 5 body lengths, then exit the pool	
Back float for 15 seconds, roll to front, and recover to vertical	
Push off and swim using combined arm and leg actions on front for 1 width, roll to back, back float for 15 seconds, roll to front, and swim back on front 1 width	

PERSONAL SAFETY AND RESCUE SKILLS	
Review pool rules	
Discuss ways to get help	
Reaching and extension assists	
Floating with life jackets/PFD's in deep water	
Too much sun is no fun	
Look before you leap	
Think so you don't sink	
The danger of drains	

INSTRUCTOR COMMENTS:

Next level to enroll in:

