LEARN TO SWIM
LEVEL TWO

PURPOSE: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

CERTIFICATION REQUIREMENTS:
• Step or jump from the side into shoulder deep water
• Exit water using ladder, steps or side
• Fully Submerge and hold breath
• Bobbing, 10 times
• Open eyes under water and retrieve submerged objects
• Rotary Breathing
• Front, Jellyfish and tuck floats for 10 seconds
• Front glide and recover to a vertical position
• Back glide and recover to a vertical position
• Back float 15 seconds
• Roll from front to back and back to front
• Tread water for 15 seconds
• Change direction of travel while swimming on front or back
• Combined arm and leg actions on front
• Combined arm and leg actions on back
• Finning arm actions on back

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