

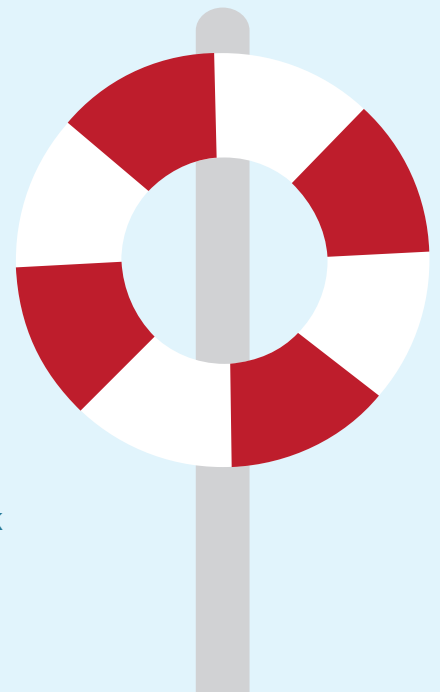
LEARN TO SWIM

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



For more information, contact srwc.aquatics@unlv.edu