

Course: Learn to Swim Level 2: Fundamental Aquatic Skills

Purpose

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

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 1: Introduction to Water Skills certificate

OR

- Successful demonstration of all certification requirements from Level 1

Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple nonswimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
 2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
 3. 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. (You can assist the participant when taking a breath.)

Certificate Issued and Validity Period

Learn-to-Swim Level 2: Fundamental Skills – No validity period

Participant Materials

Waddles in the Deep (StayWell Stock No. 651317) (Recommended, but not required)