



NAME: _____

AGE: _____

LEVEL 2 - CORE SKILLS

| SKILL | COMPLETED |
|---|-----------|
| Can be in the water with minimal assistance of instructor | |
| Fully submerge head and feels comfortable going underwater while holding breath | |
| Exit water and enter the water safely by jumping in or climbing out unassisted | |
| Open eyes underwater and retrieve items unassisted in shallow water | |
| Front glide unassisted for 2 body lengths or more | |
| Front glide with swimming recovery | |
| Back glide unassisted for 1-2 body lengths | |
| Back float unassisted for at least 10 seconds | |
| Front float unassisted for at least 10 seconds | |
| Bobbing unassisted (10-20 bobs) | |
| Rolling from front to back without assistance | |
| Basic freestyle arms and legs for 5-10 feet | |
| Jumping from wall to instructor without assistance | |
| Kicking on noodle or kickboard unassisted for at least 5 body lengths | |
| Comfortable jumping into water deeper than themselves to instructor | |
| Basics of backstroke arms and legs for at least 5 body lengths (can be with assistance) | |
| Introduction to elementary backstroke | |

Once your student has successfully completed a skill, put a check mark in the completed column. Make sure to give your student praise when they have accomplished a new skill!