



SKILLS CHECKLIST

Preschool Aquatics Level 2

[Clear Form](#)

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Enter water by stepping in from the deck or low height (in shoulder-deep water)											
Exit water using ladder, steps or side (in chest-deep water)											
Bobbing, 5 times											
Open eyes underwater and retrieve submerged objects (in chest-deep water)											
Front glide, 2 body lengths											
Front float, 3 seconds											
Recover from a front float or glide to a vertical position (in chest-deep water)											
Back glide, 2 body lengths											
Back float, 5 seconds											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											

Instructor's Name:	Participant's Name										
Date:		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)											
Combined arm and leg actions on front, 3 body lengths											
Finning arm action on back, 3 body lengths											
Combined arm and leg actions on back, 3 body lengths											
Safety Topics											
Staying safe around water											
Recognizing the lifeguards											
Don't Just Pack It, Wear Your Jacket											
Recognizing an emergency											
How to call for help											
Too Much Sun Is No Fun											
Exit Skills Assessment*											
1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.											
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.											
3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.											

* All Preschool Aquatics Level 2 skills can be performed with assistance.