



SKILLS CHECKLIST

Preschool Aquatics Level 2

Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Enter water by stepping in (in shoulder-deep water)									
Exit water using ladder, steps or side (in chest-deep water)											
Bobbing, 3 times											
Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)											
Front float, 3 seconds											
Front glide, 2 body lengths											
Recover from a front float or glide to a vertical position											
Back float, 5 seconds											
Back glide, 2 body lengths											
Recover from a back float or glide to a vertical position											
Roll from front to back											
Roll from back to front											
Treading using arm and leg actions, 5 seconds (in shoulder-deep water)											
Combined arm and leg actions on front, 3 body lengths											
Finning arm action on back, 3 body lengths											



Instructor Name: Date:	Participants' Names	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
		Combined arm and leg actions on back, 3 body lengths									
Safety Topics											
Staying safe around aquatic environments											
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											
All Preschool Aquatics Level 2 skills can be performed with assistance.											
1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.											
2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds 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 5 seconds, roll to front then continue swimming on front for 3 body lengths.											