

Swimmer 2 | Advanced

Entries and Exits:

Jump into deep water, return to safety, exit

Sitting dive, return to safety, exit (optional)

- Starts sitting on pool edge
- Extends arms over head, with hands clasped
- Chin tucked, leans forward into water, pushes with feet from side of pool
- Finishes in a glide position,
- Returns to entry point

Sideways entry wearing PFD

- Appropriate PFD put on and all buckles and zippers properly fastened
- Rolls into the water side first
- Controlled return to surface after entry

Underwater Skills:

Rhythmic Breathing 15 times

- Performs rhythmic and relaxed breathing with noticeable and effective exhalation and inhalation on each repetition
- Performs 15 repetitions to one side either standing with face in the water, while kicking with a kick board, or while performing front crawl arm movements against a wall

Recover object from bottom in chest deep water

- Face in water Object recovered with hands and returned to surface
- Could also try handstands

Surface Support:

Tread water 15 sec.

- Vertical body position
- Mouth and nose above surface
- Sculling of hands generates support
- Supportive kick
- Minimum time met

Movement/Swimming Skills:

Flutter Kick on front 10 m

- Appropriate streamlined body position
- Propulsive, rhythmic flutter kick with alternate up and down motion from the hips; slight knee bend
- Minimum distance completed

Flutter kick on back 10 m

- Appropriate streamlined body position, arms at sides, ears in water
- Propulsive, rhythmic flutter kick with alternate up and down leg motion from the hips; slight knee bend
- Minimum distance completed

Flutter kick on side 10 m

- Appropriate streamlined body position, bottom arm extended in front of head, top arm resting on side, head resting on bottom arm
- Propulsive, rhythmic flutter kick with alternate leg drive, slight knee bend

Front glide/side glide combination with flutter kick 10 m (attempted)

- Starting in a front glide position, pulls arm through water to side glide position
- Exhales in front glide position, inhales in side glide position
- Performs continuous flutter kick in front glide and side glide positions for 10 m
- This skill is attempted, not required for completion of level

Whip Kick in Vertical position 30sec. with aid

- Kick in vertical position, body straight, knees pointing to the bottom of the pool
- Heels recover to the buttocks simultaneously, feet flex and toes point out to the side
- Legs drive toward the bottom of the pool in a semi-circular motion with feet wider than knees
- Minimum time met
- Try with a variety of aids: noodles, lifejackets, kick boards, etc.

Front crawl 10 m

- Body on front, face in the water
- Alternate arm action, with arms recovering above the water
- Propulsive, rhythmic flutter kick with alternate up and down leg motion from the hips; slight knee bend
- Breathing pattern with underwater exhalation, turning head to the side to breathe in time with arm pulls

Back Crawl 10 m

- Body on back, ears in the water
- Alternate arm action
- Propulsive rhythmic flutter kick with alternate up and down leg motion from the hips; slight knee bend
- Relaxed breathing

Fitness Challenge:

Interval Training: 4x5 m flutter kick with 20 sec. rest

- May use a kick board
- Flutter kicks for 5 m, stops to rest for 20 seconds, repeats 4 times

Distance Swim Challenge (optional*) 25 m

- Swims front crawl or back crawl
- Distance completed

Water Smart Messages

Swim with a Buddy

- Never swim alone always with a buddy
- Awareness of swimming ability, importance of telling someone where you're going, knows what is safe and unsafe and demonstrates safe conduct in the water

Wear a lifejacket

- Is everyone in my family wearing lifejackets in the boat, including me? Mom? Dad? Others?

Swim to Survive:

- Wearing PFD, jump into deep water, tread 30 sec. & swim/kick 15 m

