

Parent and Child Aquatics

Achievement Card Level 2



Name: _____
Instructor: _____
Date: _____
Location: _____

Skills

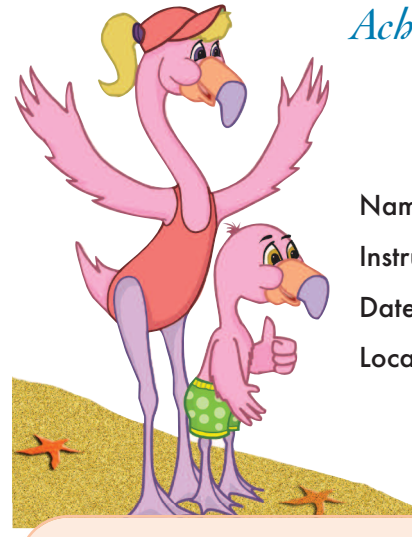
- Enter water in a seated position
- Enter water in a seated position—rolling over and sliding in
- Enter water by stepping or jumping in
- Water entry using a ladder
- Water entry using stairs
- Exploring the pool (in shallow water)
- Using side of pool to exit
- Using a ladder to exit
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front float
- Front glide
- Front glide to the wall
- Back float

Note: All skills are demonstrated with support in this level.

(over)

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Skills (continued)

- Back glide
- Roll from front to back
- Roll from back to front
- Passing between adults
- Drafting with breathing
- Leg action on front—alternating or simultaneous movements
- Arm action on front—alternating or simultaneous movements
- Combined arm and leg actions on front with breathing
- Leg action on back—alternating or simultaneous movements
- Arm action on back—alternating or simultaneous movements
- Combined arm and leg actions on back

Safety Topics

- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

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