

# Preschool Aquatics

## Achievement Card

### Level 2



Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

#### Skills

- Enter water by stepping in
- Exit water using ladder, steps or side
- 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 (in chest-deep water)
- Back float, 5 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position (in chest-deep water)
- 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
- Combined arm and leg actions on back, 3 body lengths

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

(over)

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(over)

### 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

- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- 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.

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