



# Level 2

## OPELIKA SWIM SCHOOL: LEVEL TWO

The goal and focus of level two is moving from assisted to independent skills. Now is the time for you to try on your own and add a few skills. You're getting closer to swimming!!!

### Safety Rules:

- Where is the Lifeguard?
- Where is person that brought you?
- Teach them to look for water depth?
- Never Swim Alone

### Lesson Rules:

- Listen and Pay Attention
- No Splashing
- Never Leave the group
- Do your BEST!

### Working Towards Independent Skills:

- 1. Entry and Exit – jumping in and going UW
- 2. Climb out of water
- 3. BOBS
  - a. 5 Bobs in Shallow Water – 1 Breath per BOB
- 4. Kicking with Board 10 Yards – goal is no help from instructor.
- 5. Floating on Back for :05 Seconds (assisted -> unassisted)
  - a. Star position
  - b. Arms at Side
  - c. Recover to standing position
- 6. Kick on Back with Board 10 yards – “knees in water, Toes out”
- 7. Kick on Back **NO BOARD** :05 Seconds
- 8. Blowing Bubbles
  - a. :05 Seconds of Blowing
  - b. 7 Breaths – Blow Bubbles after each Breath
- 9. Hold Breath
  - a. Hold Breath on wall for :05
- 10. Front Float – seated on wall – Hold for :03-:05 seconds
  - a. Star Position
  - b. Arms at Side – with Kick
  - c. Streamline – with Kick
  - d. Recover to standing position
- 11. Kick on Stomach **NO BOARD** arms at side - :05 Seconds
- 12. Return to wall – Use deep water
  - a. Jump in a float on back
  - b. Jump in and return kick to wall – “eyes down”, arms at side kick
- 13. Kick and Roll Front -> Back and Back -> Front