



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Learn-to-Swim Level 2— Fundamental Aquatic Skills
Course Code:	34902
Purpose	<ul style="list-style-type: none"> ▪ To provide student with opportunities for success with fundamental skills
Prerequisites	<ul style="list-style-type: none"> ▪ <i>American Red Cross Learn-to-Swim Level 1: Introduction to Water Skills</i> certificate or demonstrate all completion requirements in Level 1
Learning Objectives	<ul style="list-style-type: none"> ▪ Enter water independently by jumping or stepping from the side. ▪ Exit water independently using a ladder or side ▪ Submerge entire head (5 seconds) ▪ Blow bubbles, submerging head in a rhythmic pattern (bobbing) (5 times) ▪ Open eyes underwater, pick up a submerged object in shallow water (3 times) ▪ Show comfort maintaining a front float position with face in the water (5 seconds) ▪ Recover from a front float to a standing position ▪ Demonstrate a front glide (2 body lengths) ▪ Float in a face-down position (jellyfish float) (5 seconds) ▪ Show comfort maintaining a back float position (5 seconds) ▪ Recover from a back float to a standing position while unsupported ▪ Demonstrate a back glide (2 body lengths) ▪ Change direction of travel while paddling on front or back ▪ Roll over from front to back ▪ Roll over from back to front ▪ Tread water, using arm and leg motions, in chest-deep water ▪ Swim on front using any combination of arm and leg actions while unsupported (15 feet) ▪ Swim on back using any combination of arm and leg actions (15 feet) ▪ Swim on side using an alternating or simultaneous leg action (5 feet) ▪ Discuss water safety rules ▪ Discuss how to use a lifejacket ▪ Move in the water while wearing a lifejacket ▪ Discuss how to recognize a swimmer in distress ▪ Demonstrate how to get help
Length	No minimum number of hours suggested
Instructor	Currently authorized Water Safety (r.04) instructor.



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Certification Requirements

Successfully complete the following exit skills assessment:

1. Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm movement for 15 feet on the back.

Certificate Issued and Validity Period

Learn-to-Swim Level 2— Fundamental Skills

Participant Materials

Raffy Learns to Swim: American Red Cross Learn-to-Swim Level 1 and 2 (StayWell Stock No. 651307) (Recommended but not required)