

Lewisville ISD 2nd Grade Water Safety & Swim Program

This individual has demonstrated Water competency in a pool environment

In the areas checked off below as defined by American Red Cross

- Enter water and completely submerge.
- Recover and remain there for 1 minute floating or treading water.
- Turn 360 degrees to orient to exit.
- Swim Front or back at least 25 yards.
- Exit Water.

Level 1

- Enter & Exit Water
- Blow Bubbles (Mouth & Nose)
- Submerge under water (eyes open)
- Retrieve objects under water
- Streamline position
- Gliding in streamline
- Front Float (5 seconds)
- Back Float (5 seconds)
- Front Float (kick 3 body lengths)
- Back Float (Kick 3 body lengths)
- Beginning strokes -freestyle/ elementary
- Bobbing to safety

Level 2

- Jumping in
- Beginner Freestyle 25 yards
- Beginner Elementary backstroke 25 yards
- Beginner back stroke
- Jump into deep water & return to wall
- Tread water for 30 seconds
- Flip & Float (for time, red light/green light)
- Retrieve ring in shallow water (7 ft.)

Level 3

- 25 Yard Freestyle, with rotary breathing
- 25 Yard Elementary Backstroke, Flutter/Whip kick
- 25 Yard Backstroke
- 10 - 25 Yard Breaststroke
- 10 - 25 Yard Dolphin kick
- Front Dive Kneeling
- Front Dive Standing/Racing Dive
- Treading Water - 1 minute

Level 4

- 50 Yard Freestyle
- Flip Turn
- Elementary backstroke 50 yards
- 50 Yard Backstroke
- 25 Yard Breaststroke
- 25 Yard Dolphin Kick
- Tread Water 2 minutes
- Diving Racing/Deep