

Intermediate School Age Level 2 Swim Lesson Parent/Child Practice

- Swim underwater, 3 to 5 body lengths without hyperventilating
- Feet-first surface dive, submerging completely
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary)
- Front crawl
- Front crawl open turn
- Back crawl
- Back crawl open turn
- Breaststroke
- Elementary backstroke
- Push off in a streamlined position on back and begin flutter kicking
- Push off in a streamlined position on back and begin dolphin kicking
- Butterfly
- Sidestroke