

Beginner School Age Level 2 Swim Lesson Parent/Child Practice

- Bobbing
- Fully Submerge
- Open eyes underwater and retrieve submerged objects (in chest-deep water)
- Rotary Breathing
- Front float
- Front glide
- Jellyfish float
- Tuck float
- Recover from a front glide to a vertical position
- Back float
- Back glide
- Recover from a back float or glide to a vertical position
- While floating, roll from front to back
- While floating, roll from back to front
- Tread water (in shoulder-deep water)
- Practice swimming arms & legs on front (similar to front crawl or breaststroke) with assistance.
- Practice swimming arms & legs on back (similar to back crawl or elementary backstroke) with assistance.