

Level II: Primary Skills (Shallow water lesson)

- **Float on front and back unsupported for 5 seconds**
- **Swim on front 5 yards without assistance**
- **Swim on back 5 yards without assistance**
- **Retrieve objects under water chest deep**

- **Float on front and back unsupported for 5 seconds**
 - Activity: Start with back float. This skill takes time and will need to be repeated every day. For back float tell them to keep their belly button up towards the sky and place their hands either on their belly or out beside them without moving. Tell them to keep their chin up as well and look up at the sky. For fun, ask them what they see up in the sky!
 - Activity: Front float can be mastered after the child is comfortable putting their face in the water and holding their breath. Work on those skills first as a refresher from level 1, then ask them to pretend like they're sleeping in the water on their stomach. The trick is to stay very still and look down at the bottom of the pool, keeping their feet parallel with their body.
 - Your job: Keep one hand on the small of the back to support them and if needed, on their foreheads to keep their heads down on back float. For front float, support their stomach and keep their legs up.
 - Towards the middle of the session, level 2 swimmer should be able to start and stop a back and front float on their own.

- **Swim on front 5 yards without assistance (using modified arm circles)**
 - Activity: Distance challenge. Reward them if they can go farther each time or have them compete with other members of the groups
 - Be sure their faces are in the water and that they are holding their breath. Side breathing can be introduced if they prove strong enough swimmers.

- **Swim on back 5 yards without assistance (using modified arm circles)**
 - Activity: Start with streamline kicking on their backs. Lead them around until they can do it on their own, then introduce arm circles

- **Retrieve objects under water chest deep**
 - Activity: Diving for buried treasure!