

Step	Skill	Done
A	Able to pass any skills from Level One if asked	
A	Able to enter the mid pool by ladder or side of pool	
A	Level off body from a standing position	
A	Able to get out of pool from the side	
B	Float or glide on front, unsupported and recover	
B	Float or glide on back unsupported and recover	
B	Rhythmic breathing by bobbing in and out of water 10X	
B	Flutter kick on front and back with board and no assistance	
C	Finning on back	
C	Able to demonstrate back crawl arm action	
C	Combined front crawl stroke with alternating arm action and flutter kick	
C	Combined back crawl stroke with alternating arm action and flutter kick	