**Level Two Skills**

1. Tread water for 15 seconds unassisted
2. Feel confident, with an adult, in deeper water
3. Swim the front crawl, face in the water, for a distance of 5 body lengths
4. Swim the back crawl for a distance of 5 body lengths
5. Show understanding of elementary back stroke
6. Show understanding of breast stroke
7. Dolphin kick