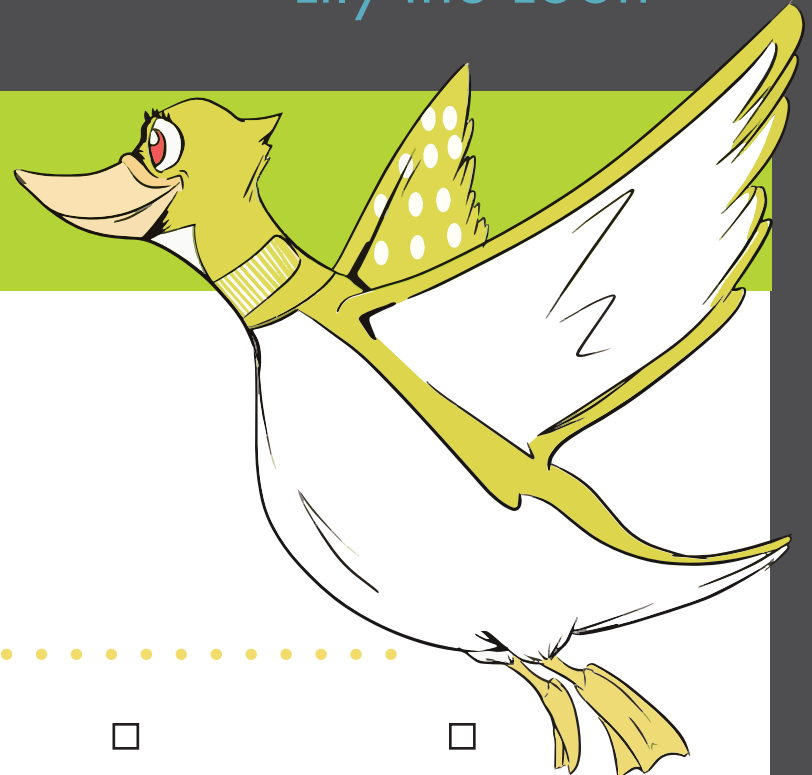




SWAN AQUATICS
water safety services

Lily the Loon

Level 2 Advanced Beginners



Level 2 Advanced Beginners

This is my record of Swimming Knowledge:

- | | | | | |
|--|---------------------------------|--------------------------|---|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Safe Entry and Exit | Fully Submerged and hold breath | Bobbing 5 to 10 times | Open eyes underwater retrieval of objects | Rotary breathing |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Front Float/Front Glide & Recover | Back Float/Back Glide & Recover | Roll from Front to Back | Tread Water 15 seconds to 1 minute | Change direction of travel while swimming on front or back |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |
| Combined arm and leg actions on front and back | Finning arm action on back | Water Safety | | |