

# Niagara Aquatics Club

## Swimming Lessons Level 2

When the swimmer has mastered the Level 1 skills they will move to Level 2. Level 2 is for swimmers who can swim independently without a floatation device for support.

### The following skills will be taught:

- ◆ Basic freestyle stroke
  - ◆ Backstroke
  - ◆ Breaststroke
  - ◆ How to tread water
- ◆ Sitting dive from the pool deck
- ◆ Kneeling dive from the pool deck
- ◆ Standing dive from the pool deck
- ◆ Jumping into the water from the start block
- ◆ Continue to build on breathing/face in the water

