

“Good job! In this level you’ll learn how to do lots of skills without equipment or fins! Keep it up!”

# Essential Swim Skills

## LEVEL TWO

DATE COMPLETED

**5 Up-Faces with equipment**

**Roll Over with assistance**

**1 Independent Up-Face**

**La Petite Baleen**



**LEVEL 2**  
Aqua Ribbon

**5 Up-Faces**

**Roll Over**

**Back Swim with equipment 38 ft.**

DATE COMPLETED

**La Petite Baleen**



**LEVEL 2**  
Blue Ribbon

**Sit Jumps**

**Up-Face Roll Overs 38 ft.**

**Back Swim 38 ft.**

**Back Float 10 sec.**

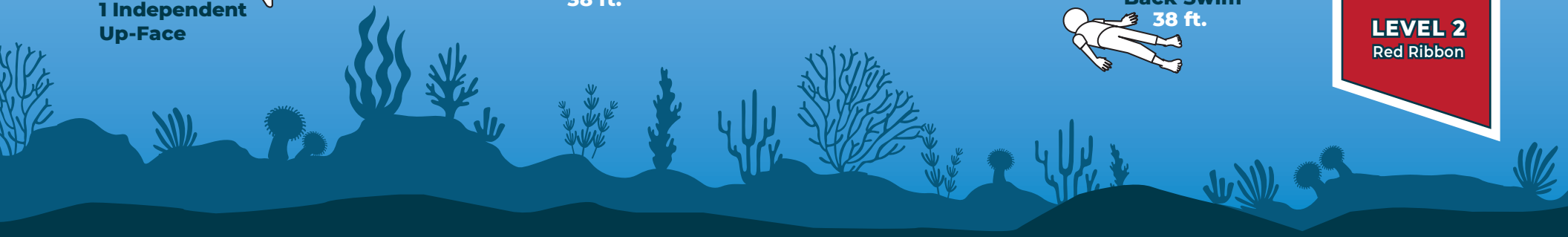
**5 Up-Faces**

DATE COMPLETED

**La Petite Baleen**



**LEVEL 2**  
Red Ribbon





# LEVEL TWO

## INFORMATION FOR PARENTS

### Level Two Goals

Level Two is the most important level at LPB because it's where students learn how to **come up for air** while moving forward through the water and how to **swim and float on their backs**. Fins are weaned away in Level Two, so you will see a lot of repetition as your child's teacher reinforces skills with one and eventually no fins.

### What This Means for Parents

After your child earns their Red Ribbon, outside of swim class you should be able to be an active water watcher from the pool deck. Your child can swim independently and without fins, but must always be watched closely to ensure their safety. As with everything, age and maturity are factors in determining the safest amount of independence your child should be allowed.

### Special Note for Toddlers

Children who earn Green Ribbons in class with their parents will continue to progress through Level Two skills in Toddler & Me class. When they turn 3, they will be placed in a Level Two class with other 3-5 year olds and will work concurrently on earning a Rainbow Ribbon along with their next sequential ribbon.

Level 2 homework videos



# LEVEL TWO HOMEWORK

1. From a "1-2-3" (slow count to 3) balloon face in the tub, lift chin up then blow out, breathe in and make a new balloon face. Build up to at least 5 in a row sequence breaths. The chin lift should be initiated by moving the neck, not lifting the chest.
2. Lying down on the floor on the tummy, practice the "cobra" yoga pose exhaling once, inhaling once, lying back down. Repeat saying "Up-Face" each time to promote a rhythmic breathing pattern.
3. Lying down on the back in the bathtub, look up at mirrors or toys. Water should cover the ears. This helps children get comfortable with back swims/floats.
4. On the floor, put a small pillow or rolled towel under the small of the back and have child arch their back off of the pillow. This helps get the tummy up by strengthening back muscles.
5. Do log rolls on the floor from front to back and back to front with arms stretched overhead. This teaches children to roll with their stomach and back muscles, not arms and legs.
6. Do 4 sets of mini-push-ups from the knees to strengthen arms for climbing out of the pool.

### COMMON DIFFICULTIES

**Breathing Patterns:** Learning the proper Up-Face breathing pattern is tricky, so practice outside of the pool is encouraged. Small kids often reverse the pattern by lifting the head and inhaling instead of exhaling and/or they exhale into the water instead of above it.

**Weaning Fins:** Going from two to zero fins takes practice and patience. The fins that helped compensate for an inefficient kick are slowly weaned away, so you will see your child repeating a lot of the same skills as they adjust to having less propulsion.

**UP-FACE = LIFT HEAD, EXHALE, INHALE, HEAD DOWN**