

In Stage 2 swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Remember swimmers can still use aids e.g. arm bands and floats to help complete this stage..

- Jump in from poolside safely
- Blow bubbles a minimum of three times rhythmically with nose and mouth submerged
- Regain upright position from the back without support
- Regain an upright position from the front without support
- Push from wall and glide on the back
- Push from wall and glide on the front
- Travel on the back for 5 metres, aids or equipment may be used
- Travel on the front for 5 metres, aids or equipment may be used
- Perform a rotation from the front to the back to gain an upright position
- Perform a rotation from the back to the front to gain an upright position