



## Eel Skills (Level 2)

### Blue Card

- Jumps into shoulder deep water
- Fully submerge and hold breath

### GOAL

- Bobbing 10 times

### Blue Card

- Retrieve object in chest deep water
- Rotary breathing
- Front glide and recover to vertical position
- Back glide and recover to vertical position

### GOAL

- Front, jellyfish, and tuck floats for 10 seconds
- Back float for 15 seconds

### Blue Card

- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back
- Safety Skills

### GOAL

- Tread water for 15 seconds

- EXIT SKILLS:**
- 1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 5 seconds, swim on front and/or back for 5 body lengths, then exit the water
  - 2. Move into a back float for 15 seconds, roll to front then recover to a vertical position.
  - 3. Push off and swim using a combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

**Congratulations! You Completed Eel Level**

Eel Swim on Front (Combined Stroke Arm or Leg Action) Stroke  
Performance Criteria

Body Position	Trunk and legs may be horizontal to 45 degrees from surface; face in water.
Arms-alternating	Alternate propulsive and recovery action; downward or slightly outward motion acceptable; underwater arm recovery acceptable
Arms-simultaneous	Simultaneous propulsive and recovery actions; downward and outward motion acceptable; underwater arm recovery acceptable
Legs-alternating	Alternate kicking action; rudimentary flutter or bicycle action
Legs-simultaneous	Simultaneous kicking action-rudimentary dolphin or breaststroke action.

Eel Swim on Back (Combined Stroke Arm or Leg Action) Stroke  
Performance Criteria

Body Position	Trunk and legs may be horizontal to 45 degrees from surface; face in water.
Arms-alternating	Alternate propulsive and recovery action; underwater arm recovery acceptable; hand moving downward with minimal backward action acceptable.
Arms-simultaneous	Simultaneous propulsive and recovery actions; underwater arm recovery acceptable
Legs-alternating	Alternate kicking action; rudimentary flutter or bicycle action
Legs-simultaneous	Simultaneous kicking action-rudimentary dolphin or elementary backstroke action.