

Swimmer Name: \_\_\_\_\_  
 Instructor: \_\_\_\_\_  
 Day: \_\_\_\_\_ Time: \_\_\_\_\_

# Level 2: Streamlines, and the Crawls

Streamline 3 body lengths: Front and Completed: \_\_\_\_\_

Locked thumb:  Squeezed Ears:  Looking down:   
 Body straight:  Legs kicking:   
 Notes:

Streamline with Front Crawl Arms 5 body Completed: \_\_\_\_\_

Arms straight:  Body straight:  Legs kicking:   
 Face down:  Face still:  No breath:   
 Notes:

Streamline with Back Crawl Arms 5 body Completed: \_\_\_\_\_

Arms straight:  Body @ surface:  Legs kicking:   
 Ears in water:  Head still:  Relaxed body:   
 Notes:

Introduced to Fly kick Completed: \_\_\_\_\_

Body moves like a dolphin:   
 Hands held at sides:   
 Notes:

Ready for Level 3 Completed: \_\_\_\_\_

