



# Stage 2



**By the end of this stage participants will be able to, with or without aids, equipment or support, be able to:**

1. Jump in from poolside safely
2. Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
3. Regain an upright position from the back without support
4. Regain an upright position from the front without support
5. Push from the wall and glide on the back
6. Push from the wall and glide on the front
7. Travel on the back for 5 metres, aids or equipment may be used
8. Travel on the front for 5 metres, aids or equipment may be used
9. Perform a rotation from the front to the back to gain an upright position
10. Perform a rotation from the back to the front to gain an upright position