



STROKE PERFORMANCE CHART

Level 2 Stroke Performance Criteria

| Component | Swim on Front (Combined Arm or Leg Action) | Swim on Back (Combined Arm or Leg Action) |
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| Body position | Trunk and legs may be horizontal to 45 degrees from surface; face in water | Trunk and legs may be horizontal to 45 degrees from surface |
| Arms— alternating | Alternate propulsive and recovery action; downward or slightly outward motion acceptable; underwater arm recovery acceptable | Alternate propulsive and recovery action; underwater arm recovery acceptable; hand moving downward with minimal backward action acceptable |
| Arms— simultaneous | Simultaneous propulsive and recovery actions; downward and outward motion acceptable; underwater arm recovery acceptable | Simultaneous propulsive and recovery actions; underwater arm recovery acceptable |
| Legs— alternating | Alternate kicking action; rudimentary flutter or bicycle action | Alternate kicking action; rudimentary flutter or bicycling action |
| Legs— simultaneous | Simultaneous kicking action—rudimentary dolphin or breaststroke action | Simultaneous kicking action—rudimentary dolphin or elementary backstroke action |