

### Level 2 Stroke Performance Criteria

<b>Component</b>	<b>Swim on Front (Combined Stroke Using Any Type of Arm or Leg Action)</b>	<b>Swim on Back (Combined Stroke Using Any Type of Arm or Leg Action)</b>	<b>Swim on Side</b>
Body position	Trunk and legs may be horizontal to 45° from surface; face in water	Trunk and legs may be horizontal to 45° from surface	Trunk and legs may be horizontal to 45° from surface; body may lie on either left or right side
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	
Legs— alternating	Alternate kicking motion; rudimentary flutter or bicycle action	Alternate kicking motion; rudimentary flutter or bicycling action	Alternate kicking motion from a supported position; rudimentary flutter or bicycling action
Legs— simultaneous	Simultaneous kicking motion—dolphin-like or breaststroke-like action	Simultaneous kicking motion—dolphin-like or elementary backstroke-like action	Simultaneous kicking motion from a supported position—dolphin-like, breaststroke-like or scissor-like action

### American Red Cross Stroke Performance Charts