游泳II榮譽證 (Swimmer II)

1.學習並背誦七條游泳守則。

2.將頭全放進水裡，閉氣五秒。

3.示範如何在水不淹過頭的情況下，用正確的姿勢跳入水中。

4.和你的朋友在淺水區玩水上游戲。

5.握著池邊並示範如何正確地踢水：

　a. 把身體浮在水面上

b. 游泳（水淹過頭）

6.知道什麼是安全情況下游泳（包括地方和時間）。

Requirements

1. Learn and recite seven safety rules for swimmers.

2. Hold your breath and duck your head under water for five seconds.

3. Demonstrate how to jump properly in water that is not over your head.

4. With your friends, play a water game in shallow water.

5. Hold on to the edge of the pool and demonstrate how to kick your feet properly. Demonstrate your ability to:

a. Float on your back

b. Swim underwater

6. Know where and when it is possible to swim without danger.