SWIM FOR LIFE
LIFESAVING SOCIETY®

TEEN 3

Instructor:

Session / Year:

Day & Time:

Location:

	1. Shallow dive into deep water	2. Stride entry into deep water	3. Compact jump into deep water	4. Legs-only surface support 30-60 sec.	5. Back somersault (in water)	6. Swim underwater 5-10 m to recover object	7. Eggbeater kick on back or scissor kick on side 10-15 m	8. Breaststroke 25-50 m	9. Front crawl 50-100 m	9. Back crawl 50-100 m	10. Head-up front crawl 10-15 m	11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests	12. Sprint (25-50 m) front crawl, back crawl, or breaststroke	13. Workout 300 m	14. Water Smart messages								Result:	Register In:
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11																								
12																								

Total Enrolled:

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Total Pass: