



SWIMMER 1

Instructor: _____
 Session / Year: _____
 Day & Time: _____
 Location: _____

<i>Previous Level</i>	<i>1. Enter and exit shallow water</i>	<i>2. Jump into chest-deep water</i>	<i>3. Jump into deep water wearing PFD</i>	<i>4. Tread water 30 sec. wearing PFD</i>	<i>5. Hold breath underwater 5 sec.</i>	<i>6. Submerge and exhale 5 times</i>	<i>7. Open eyes underwater</i>	<i>8. Float on front 5 sec.</i>	<i>8. Float on back 5 sec.</i>	<i>9. Roll laterally front to back and back to front</i>	<i>10. Glide on front 3 m</i>	<i>10. Glide on back 3 m</i>	<i>10. Glide on side 3 m</i>	<i>11. Flutter kick on front 5 m</i>	<i>11. Flutter kick on back 5 m</i>	<i>12. Front crawl 5 m wearing PFD</i>	<i>13. Water Smart message: Swim with a Buddy</i>	<i>13. Water Smart message: Wear a Lifejacket</i>	<i>13. Water Smart message: Check the Ice</i>	<i>13. Water Smart message: Swim to Survive</i>
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Result: Register In:

Total Enrolled:

Total Pass: