SWIM FOR LIFE
LIFESAVING SOCIETY®

ADULT 1

Instructor:

Session / Year:

Day & Time:

Location:

	1. Enter and exit shallow water	2. Jump into deep water, return and exit	3. Sideways entry wearing PFD	4. Tread water 30 sec. wearing PFD	5. Hold breath underwater 5-10 sec.	6. Submerge and exhale 5-10 times	7. Open eyes underwater	8. Recover object from bottom in chest-deep water	9. Wearing PFD, jump into deep water, tread 30 sec. and swim/kick on back 5-10 m	10. Float on front	10. Float on back	11. Roll laterally front to back and back to front	12. Glide on front 3-5 m	12. Glide on back 3-5 m	12. Glide on side 3-5 m	13. Flutter kick on front 10-15 m	13. Flutter kick on back 10-15 m	13. Flutter kick on side 10-15 m	14. Whip kick in vertical position with PFD 15-30 sec.	15. Front crawl or back crawl 10-15 m	16. Interval training: 4 x 9-12 m flutter kick with 10-15 sec. rests	17. Water Smart messages	Result:	Register In:
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Total Enrolled:

Total Pass:

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