SWIM FOR LIFE
LIFESAVING SOCIETY®

PARENT & TOT 1

Instructor:

Session / Year:

Day & Time:

Location:

	Previous Level	1. Enter and exit the water safely with tot	2. Readiness for submersion	3. Hold tot on front, eye contact	4. Hold tot on back, head and back support	5. Front float (face out) – assisted	6. Back float (assisted)	7. Float wearing PFD (assisted)	8. Arms: splashing, reaching, paddling, on front and back	9. Legs: tickling, splashing, kicking, on front and back	10. Water Smart message: Within Arms' Reach	10. Water Smart message: Wear a Lifejacket	10. Water Smart message: Swim to Survive										Result:	Register In:
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								
11																								
12																								

Total Enrolled:

Total Pass:

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