



# TEEN 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 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
14. Interval training: 4 x 9-12 m flutter kick with 10-15 sec. rests
17. Water Smart messages

	1	2	3	4	5	6	7	8	9	10	11	12	Result:	Register In:
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Total Enrolled: \_\_\_\_\_

Total Pass: \_\_\_\_\_