SWIM FOR LIFE
LIFESAVING SOCIETY®

PRESCHOOL 1

Instructor:

Session / Year:

Day & Time:

Location:

	Previous Level	1. Enter and exit shallow water (assisted)	2. Jump into chest-deep water (assisted)	3. Face in water	4. Blow bubbles in water	5. Float on front (3 sec.) assisted	5. Float on back (3 sec.) assisted	6. Safe movement in shallow water wearing PFD	7. Glide on front (3 m) assisted	7. Glide on back (3 m) assisted	8. Water Smart message: Within Arms' Reach	8. Water Smart message: Wear a Lifejacket											Result:	Register In:
1																									
2																									
3																									
4																									
5																									
6																									
7																									
8																									
9																									
10																									
11																									
12																									
																							Total Enrolled:		
																							Total Pass:		

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