SWIM FOR LIFE
LIFESAVING SOCIETY®

ADULT 2

Instructor:

Session / Year:

Day & Time:

Location:

	1. Standing dive into deep water	2. Forward roll entry into deep water with PFD	2. Forward roll entry into deep water without PFD	3. Tuck jump (cannonball) into deep water	4. Tread water 1-2 min.	5. Handstand in shallow water	6. Front somersault (in water)	7. Swim underwater 5-10 m	8. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m	9. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m	10. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m	11. Whip kick on back 10-15 m	12. Whip kick on front 10-15 m	13. Breaststroke arms drill 10-15 m	14. Front crawl 25-50 m	14. Back crawl 25-50 m	... Interval training: 4 x 25 m flutter kick with 15-20 sec. rests	16. Interval training: 4 x 25 m front or back crawl with 15-20 sec. rests	17. Sprint front crawl 25 m	18. Water Smart messages			Result:	Register In:
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Total Enrolled:

Total Pass:

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