Instructor: Day & Time: Location:	1. Standing dis	2. Forward	2. Forward con	3. Tuck imm.	4. Tread water	5. Handstand .	6. Front com	7. Swim und.	8. Canadian Swin.	9 Flutter Kick on the Coll of	10. Futter Kick on front 5 m; reverse direction	11. Whip kick on back 5 m; reverse direction	12. Whip kin.	13. Breaststrey	14. Front Crawl 22	14. Back craw, 25	Interval training: A	16. Interval training	17. Sprint front	18. Water Smart	messages		Result:	Register In:
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								
11																								
12																								
																				Tota	al Enro	lled:		
© Copyright 2014, The Royal Life Saving Society Canada. ® Water Sr	nart, Swi	m for Lif	e and Sw	im to Sui	vive are	registere	ed trader	marks of t	the Socie	ty.											Total I	Pass:		