

# PRESCHOOL 4

Instructor: \_\_\_\_\_

Session / Year: \_\_\_\_\_

Day & Time: \_\_\_\_\_

Location: \_\_\_\_\_

- |   |  |
|---|--|
| <i>Previous Level</i>   |  |
| 1. Jump into deep water, return and exit                                      |  |
| 2. Sideways entry   |  |
| 3. Tread water 10 sec. wearing PFD  |  |
| 4. Open eyes underwater   |  |
| 5. Recover object from bottom in chest-deep water                             |  |
| 6. Wearing a PFD, sideways entry into deep water tread 15 sec.; swim/kick 5 m |  |
| 7. Front float; roll to back; swim 5 m  |  |
| 8. Glide on side 3 m  |  |
| 9. Flutter kick on front 7 m  |  |
| 9. Flutter kick on back 7 m   |  |
| 9. Flutter kick on side 5 m   |  |
| 10. Front crawl 5 m wearing PFD   |  |
| 11. Water Smart message: Within Arms' Reach                                   |  |
| 11. Water Smart message: Wear a Lifejacket                                    |  |

Result: Register In:

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Total Enrolled:

Total Pass: