SWIM FOR LIFE
LIFESAVING SOCIETY®

PARENT & TOT 3

Instructor:

Session / Year:

Day & Time:

Location:

	Previous Level	1. Jump entry (assisted)	2. Entry and submerge from sitting position (assisted)	3. Exit the water (unassisted)	4. Hold breath underwater (assisted)	5. Attempt to open eyes underwater	6. Attempt to recover object from bottom	7. Standing jump entry, return to edge (assisted)	8. Jump entry and float wearing PFD (assisted)	9. Front "starfish" float (assisted)	9. Back "starfish" float (assisted)	10. Front "pencil" float (assisted)	10. Back "pencil" float (assisted)	11. Kicking on front (assisted)	11. Kicking on back (assisted)	12. Underwater passes	13. Water Smart message: Within Arms' Reach	13. Water Smart message: Wear a Lifejacket	13. Water Smart message: Swim to Survive				Result:	Register In:
1																									
2																									
3																									
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12																									

Total Enrolled:

Total Pass:

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