PRESCHOOL 3 Instructor:			2. Sideways and	V wearing PFD	nderwater 3 sec.	l exhale 5 times	5. Back flore.	7. Float on 5.	5 sec.	5 sec.	9. Glide on france .		dm dm	back 5 m	front 5 m	12. Water Smarth	anuart message: Wear a Lifejacket						7
Session / Year: Day & Time: Location:	Previous Level	1. Jump into dee	2. Sidewark and	3. Hold hrows	4. Submerca	5. Recover object	6. Back floot.	7. Float on f.	7. Float on 4	8. Roll lateral	9. Glide on frond	9. Glide on hack 2	10. Flutter kici.	11. Flutter kist	12. Water Small	12. Water Smooth	andrt n					Result:	Register In:
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