PRESCHOOL 5 Instructor:		 	'Y wearing PFD		old breath 5 sec.	5. Wearing PFIn Section in chest-deen university	6. Whip kick in voice 10 m	7. Front crawl 5 m	nue.		9. Interval training: 4 x 5 m flutter kick on hor. 0. Water c	10. Water Smart message: Within Arms' React	andri message: Wear a Lifejacket	u ulfejacket						
Session / Year: Day & Time: L Location:	Previous Level	1. Forward roll	2. Tread water in	3. Subman	4. Recover of .	5. Wearing PED	Gent 20 Sec., Switch in	7. Front crain	8. Back crount 5	9 Interval tra	Nuth 30 sec. rests. 10. Water C	10. Water Smart	am the						Result:	Register In:
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				
11																				
12																				
											1									