FOR LIFE LIFESAVING SOCIETY®									ection	ction				k with	Buddi	ckot		oži oži	,					1
SWIMMER 3			2. Forward E. L.	3. Tread wat		5. Front som	ıter)	Juster Kick 25 m., tread 30 sec.,	And flutter kick on front 5 m. reverse direction	9. Whip wind for 5 m; reverse direction		/ ,	/	2. Water Smart	12. Water Smart.	12. Water Smarr	12. Water Sm.	andrt message: Swim to Survive	/ ,	/	/ ,	/ ,		
Instructor:			to dee,	ty into		allow ,	t (in w	gater,	ack 5 _n on fron	on bac	rck 10 n			: 4 x 15	:ssage:	ssage:	?ssage:	:ssage:						
Session / Year:			uive ir.	, oll en	er 30 s	ts u ₁ p ₁	let saul		Kick of the state	r kick	kon ba	W 15 n		Sts / Sts	ישוג שונה מיני שונה שונה	10 C 11 C	ימו ג שני פי	iart me						
Day & Time:	Previous Level	eeling	Ward		ndstor	Int son	no int	swim. tter ki	flutte tter ki	'flutte	ייים אנוני שור כים	ck Crow	erval t	Sec. re	ter Sn	ter Sn	ter S	5						
Location:	Prev	1. Km	2. Fo	3. Tread was	4. Ha	5. Frc	Junp into	Z Flu	8 Flu	9. ×	10. Front crawd	10. Back Crawl 15 m	11 111	12. We	12. W	12. W	12. We						Result:	Register In:
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Total Pass: