SWIM FOR LIFE LIFESAVING SOCIETY®						5. Whip kirk.	swim 50 m				9. Sprint fram.)	a Budai.	jackot	رده	rvive								'
SWIMMER 4 Instructor:		/	2. Tread water.	/ /		urvive Standa	15 m	rill 15 m	/ /	/	x 25 m front o	5 m	10. Water Smart message: Swim with a Buda.	10. Water Small message: Wear a Lifejacket	10. Water Smart	mar C message: Swim to Survive	/	/	/	/	/	/ /		
Session / Year:	76/10/1	10 of:	2. Tread water 1	ind. I min.	Canadian Swize	5. Whip kick	ch on front	7. Front Crawi 2	7. Back crawl 25 m	Il train:	sec. rests	10. Water Smart	See the second	Smart messa	Smarr messa	SSAM C Messa								
Day & Time: Location:	Previous Leval	1. Standj	2. Tread	3. Swim	4 Canadi	5. Whip k	6. Breast	7. Front	7. Back Co	A Interve	9. Sprint	10. Water	10. Water	10. Water	10. Water								Result:	Register In:
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