SWIM FOR LIFE LIFESAVING SOCIETY®				Wator	read 2	as a min.) sec	3				back craise	Toke with	(Ditt.)		2 Buder.	iackot	ين و ا	Wive	, /			7
SWIMMER 5			э деер water	onball) into deep	deep water, and u	ater kick 30 sec.	(in water)	ep water, tread 9		/	/	awl 10 m	4x50m front or	4x 15 m breastsı	'125 m	125 m	SSage: Swim with	ssage: Wear a Life	ssage: Check the	- nurt message: Swim to Survive	/ /	/		
Session / Year: L Day & Time: Location:	Previous Level	· Shallow di	2. Tuck immediates	3. Jump on the Jump on the Jump on the Mator	4. Stationer:	5. Back somer.	Roll entry:	and swim 75 m deep water, tread 90 ser	8. Front crawd =	8. Back cra.	? Head-uns of	10 Interval train	11 Interval trains	30 sec. rests 12. Sprint fram	12. Sprint back	13. Water Sm	3. Water sm.	13. Water Smart	13. Water Smart	Эш тып.			Result:	Dogistor Inc
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