FOR LIFE LIFESAVING SOCIETY®						)jort							Ke with			3udok.	An to y		٥					7
SWIMMER 6		1. Stride entry in t	vater	3. Legs-onl.	4. Swim	5. Eggbenter 10 m to recover object	i Scissor kick on back 15 m			/	/ ,	/ ,	11. Sprint here	 	/ ,	Water Small message: Swim with a Budde.	13. Water Smarr	13. Water Smarr	andr message: Swim to Survive	/		/ ,		
Instructor:			(дәәр	into de	ddns a	er 10 m	эп Басқ		E /	E /	_	'5m	:4x25	2ke 25,		SSage:	'Ssage:	ssage:	ssage:					
Session / Year:	\ \\  \\ \\ \\ \ \ \ \ \ \ \ \ \ \ \ \	. L. 177		dum .	surfac	Perwat <sub>t</sub>	Scissor Vict	ck 15 <sub>11</sub>	7Ke 50,	001	, 100 °,	Swim 2	ts sts	aststra	# Doc # 5	מוג שה	urt me	art Me	urt me					
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Location:	Previ	1. Str	<b>2.</b> Co	3. Le	4. SW	5. Eg	6. Sci	7. Breastet.	8. Front Crawd	8. Back Crawd	9. Head-In-	10 Int	11. Sp.	12. Workout 300	13. Wa	13. Wa	13. W	13. W					Result:	Register In:
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