

Instructor Name:  Date:	Participants' Names								•	•	· o
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Scissors kick, 10 yards											
Safety Topics											
Reach or Throw, Don't Go											
Think Twice Before Going Near Cold Water or Ice											
Look Before You Leap					,						
Exit Skills Assessment											
Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.											