

LESSON #

☒ 1

☐ 2

☐ 3

☐ 4

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☐ 9

☐ MAKE-UP

<p>LEVEL:</p> <p>Ultra 3 Class 1</p>	<p>SKILLS/PROGRESSIONS:</p> <p>Screen Candidates</p> <p>I Facility Orientation</p> <p>I Jump into deep water & exit Ensure safe entry & exit.</p> <p>I Bob x10 Full head submersion + Underwater exhale</p> <p>I Front kick 5m, Roll to Back, Back kick 5m</p> <p>Straight Legs, Smooth roll, Horizontal body position</p> <p>I Side Glide 3 Seconds Straight body, arm straight & touching head</p> <p>I Front Crawl 10m Refer to stroke chart</p>	<p>TIME:</p> <p>4 Minutes</p> <p>5 Minutes</p> <p>3 Minutes</p> <p>2 Minutes</p> <p>7 Minutes</p> <p>3 Minutes</p> <p>5 Minutes</p>	<p>FORMATIONS:</p>
<p>TIME:</p> <p>30 Minutes</p>			
<p>EQUIPMENT: None</p>			
<p>LEVEL:</p>	<p>SKILLS/PROGRESSIONS:</p>	<p>TIME:</p>	<p>FORMATIONS:</p>
<p>TIME:</p>			
<p>EQUIPMENT:</p>			
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<p>TIME:</p>			
<p>EQUIPMENT:</p>			