

1st Class in January (1st Class at Perry Pool)

Show 4 main strokes	-	-	-	1b
Talk about method of rescue	-	-	-	2
Learn and do reaching rescues	-	-	-	3 - Sign Off
Learn and do throwing rescue	-	-	-	4 - Sign Off
Show and Do 10lb weight	-	-	-	12 - Sign Off

2nd Class in January (2nd Class at Perry Pool)

Practice Front Crawl & Breaststroke	-	-	-	1b
Explain Boating rescues	-	-	-	5 - Sign Off
Practice Lifesaving Entry w/ Tube	-	-	-	7a-d
Practice Lifesaving Entry	-	-	-	10-11
Blocks and Escapes	-	-	-	10
Why avoid contact	-	-	-	8 - Sign Off

1st Class in February (3rd Class at Perry Pool)

Practice Elementary Backstroke	-	-	-	1b
Show and Practice Tube Rescues	-	-	-	7a-d
Explain Rescue Aids	-	-	-	6 - Sign Off

2nd Class in February (4th Class at Perry Pool)

Practice Sidestroke	-	-	-	1b
Test on Tube Rescues	-	-	-	7a-d - Sign Off
Show Conscious Rescues	-	-	-	9a-c
Show Unconscious Rescues	-	-	-	11a-c
Make up for any requirements				

1st Class in March (5th Class at Perry Pool)

Practice All the Strokes	-	-	-	1b
Practice Conscious Rescues	-	-	-	9a-c
Practice Unconscious Rescues	-	-	-	11a-c
Spinal Management	-	-	-	14a-c - Sign Off
Make up for any requirements				

2nd Class in March (6th Class at Perry Pool)

400 yards (50 on Front Crawl, Sidestroke, Breaststroke, Elementary Backstroke)				1b - Sign Off
Do Conscious Rescues	-	-	-	9a-c - Sign Off
Escapes	-	-	-	10 - Sign Off
Do Unconscious Rescues	-	-	-	11a-c - Sign Off
Explain what to bring for Disrobe	-	-	-	7e

1st Class in April (7th Class at St. Joseph School)

CPR	-	-	-	13a-b - Sign Off
First Aid	-	-	-	15 - Sign Off
Method of Rescue	-	-	-	2 - Sign Off
1 st & 2 nd class requirements	-	-	-	1a - Sign Off
Do clothes Disrobe	-	-	-	7e - Sign Off