

## 1<sup>st</sup> Sunday January (1<sup>st</sup> Class)

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

## 3<sup>rd</sup> Sunday January (2<sup>nd</sup> Class)

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

## 1<sup>st</sup> Sunday February (3<sup>rd</sup> Class)

Practice Sidestroke- - - - - 1b  
Show and Practice Tube Rescues- - 7a-d  
Explain Rescue Aids- - - - - 6 - sign off

## 3<sup>rd</sup> Sunday February (4<sup>th</sup> Class)

Practice Breaststroke- - - - - -1b  
Test on Tube Rescues- - - - - 7a-d - sign off  
Show Conscious Rescues- - - - -9a-c  
Show Unconscious Rescues- - - -11a-c  
Make up for any requirements

## 1<sup>st</sup> Sunday March (5<sup>th</sup> Class)

Practice Elementary Backstroke- - - 1b  
Practice Conscious Rescues- - - - 9a-c  
Practice Unconscious Rescues- - - 11a-c  
Spinal Management- - - - - 14a-c - sign off  
Make up for any requirements

## 3<sup>rd</sup> Sunday March (6<sup>th</sup> Class)

Do 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

## 1<sup>st</sup> Sunday April (At St. Joseph School)

CPR- - - - - 13a-b - sign off  
First Aid- - - - - 15 - sign off  
Method of Rescue- - - - - 2 - sign off  
1<sup>st</sup> & 2<sup>nd</sup> class requirements- - - - 1a - sign off  
Do clothes Disrobe- - - - - -7e - sign off