

1st Sunday October (1st Class)

Practice Front Crawl & Sidestroke- - 5
Reaching and Throwing Rescues- - 3 - Sign off

3rd Sunday October (2nd Class)

Practice Breaststroke & Backstroke- 5
Show and Do rings- - - - - 7 - Sign off

1st Sunday November (3rd Class)

Practice Elementary Backstroke- - -5
Explain Clothes Inflation - - - - 4
Show and Do Dock Diving- - - - 9 - Sign off
Makeup for rings- - - - - -7 - Sign off

3rd Sunday November (4th Class)

Practice All the Strokes- - - - - 5
Do Clothes Inflation- - - - - -4 - Sign off
Allowed to do the 150 yard- - - - 5 - Sign off
Make up for any requirements

1st Sunday December (5th Class)

Explain and Do HELP and Huddle- -6 - Sign off
150 yards (25 on Front Crawl, Sidestroke, Breaststroke, Backstroke)
(50 on Elementary Backstroke)- - - - - - 5 - sign off
Make up for any requirements

3rd Sunday December (At St. Joseph School)

First Aid- - - - - - 1 - sign off
CPR- - - - - - -2 - sign off
Explain Snorkeling & SCUBA- - - 8 - Sign off
Explain Aerobic Fitness- - - - - 10 - Sign off