

## **1<sup>st</sup> Class in October (1<sup>st</sup> Class at Perry Pool)**

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

## **2<sup>nd</sup> Class in October (2<sup>nd</sup> Class at Perry Pool)**

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

## **1<sup>st</sup> Class in November (3<sup>rd</sup> Class at Perry Pool)**

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

## **2<sup>nd</sup> Class in November (4<sup>th</sup> Class at Perry Pool)**

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

## **1<sup>st</sup> Class in December (5<sup>th</sup> Class at Perry Pool)**

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

## **2<sup>nd</sup> Class in December (6<sup>th</sup> Class 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