

Name: \_\_\_\_\_ Group: \_\_\_\_\_

Date: \_\_\_\_\_

## LOGBOOK - SWIM TO SURVIVE™













### FIRST VISIT AT THE POOL

My course was:



Circle your answer.

I am able to:

Roll into deep water				with 
Tread water for 1 minute				with 
Swim 50 metres				with 

What I have learned:


## SECOND VISIT AT THE POOL

My course was (circle your answer):

I am able to:



Roll into deep water				with	
Tread water for 1 minute				with	
Swim 50 metres				with	

What I have learned:


## THIRD VISIT AT THE POOL

My course was (circle your answer):

I am able to:



Roll into deep water				with	
Tread water for 1 minute				with	
Swim 50 metres				with	

What I have learned:
