

NLS Practice Schedule

For NLS it is necessary to practice and work on assignments outside of class time in order to absorb all the information within the given time. This is especially important for the 10-week course format, as there is lots of time to forget material learned in class if it is not practiced

*It is your responsibility to practice and study, as there is not a lot of class time free for review. If you have any questions or concerns throughout the week, do not hesitate to contact me. I prefer email at joel@sutcliffe.ca or by cell phone at 604-626-1414.
GOOD LUCK!*

Week 1

WET (suggested 0.5-1 hours)

- q 6x100m swim freestyle (30s rest)
- q running dives (until comfortable)
- q 6x5m DNS Carries
- q Surface Dives (swimming along bottom)
- q Unconscious Rollovers (shallow & deep)
- q 2 mins. Eggbeater (hands out)
- q Review any other Bronze Cross skills

DRY(suggested 2-3 hours)

- q Purchase textbook
- q Basic lifeguarding Assignment
- q Review bronze cross notes and textbook
- q Review notes from first NLS class
- q Memorize principles of lifeguarding
- q Find prerequisites and bring them to class
- q Purchase a whistle (preferably finger whistle - Fox 40)

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #2.

Candidate Signature _____

Please list any other students that you worked with:
