



EXPERIENCE MORE- SUMMER 2016 JR. LIFEGUARD SWIM TEST

TESTING DATES:

- Saturdays, 12:30-5:00pm
- Sundays, 12:30-5:00pm

REQUIREMENTS

- Hold breath for 20 seconds underwater
- Swim 5 yards underwater
- Tread water for 5 minutes
- 100 yards crawl stroke swim in under:
 - 2 min 30 sec for ages 9-11
 - 2 min 20 sec for ages 12-13
 - 2 min 10 sec for ages 14-17

NAME OF PARTICIPANT: _____

SIGNATURE: _____

REVIEWING LIFEGUARD: _____

SIGNATURE: _____

DATE: _____