SPORT CLUB SWIM TEST
CREW or SAILING
(Please circle)

NAME ____________________________

Please place an X when skills below are complete.

SWIM – 200 yards __________
- 4 lengths outdoor
- 8 lengths indoor

TREAD WATER
Sailing – 15 min __________

Crew –
- 10 min with sweats __________
- AND -
- 10 min with oar __________

LG Signature

NAME ____________________________

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