

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

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