Sport Club Swim Test

CREW OR SAILING (CIRCLE ONE)

NAME: ___________________________________________

PLEASE PLACE AN X WHEN SKILLS BELOW ARE COMPLETE

SWIM - 200 YARDS ______
8 LENGTHS OUTDOOR, 8 LENGTHS INDOOR

TREAD WATER

SAILING: 15 MINUTES ______
CREW: 10 MINUTES WITH SWEATS ______ AND
PUT ON LIFE JACKET WHILE IN WATER ______

LIFEGUARD SIGNATURE:
___________________________________________

___________________________________________

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