

SWIM QUEST

This is not a test and you cannot fail. We want to see what your swimming abilities are so we know how safe & comfortable you are in the water.

During the Swim Quest you will:

1. Swim four lengths of the pool. One length of each stroke without a flotation device: Freestyle, Breaststroke, Backstroke , plus one more (Freestyle or Butterfly).
2. Tread water for 30 seconds without touching a side wall or bottom to rest.
3. Jump into water that is over your head, return to the surface and then return to the wall.

You may ask a lifeguard for help at any time.

