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. Enter the water unassisted (without using ladder).
2. Bob up and down 3 times, making sure your head fully submerges.
3. Float on your back for 10 seconds.
4. Swim half length of the pool breaststroke style, then submerge and pick up a ring from the bottom of the pool.
5. Freestyle swim to the other end of the pool, then submerge for 10-15 seconds.
6. Exit the water unassisted (without using ladder).
7. (Optional) Jump into deep end, submerge, come up and tread water for 20 seconds.

You may ask a lifeguard for help at any time.

