TOWN OF EAST HAMPTON

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JOHN J. RYAN Jr.
CHIEF LIFEGUARD

Training, Evaluating & Testing Program

for the

2023 Summer Junior Lifeguard Program

New Junior Lifeguards Trainees & Returning Junior Lifeguards MUST Pass the Pool Swim Test To be in our Summer Program

Age 9 through Age 15 (as of 7/1/23)
at the

YMCA E. H. RECenter Pool

Two Sunday Training Sessions – 1:00 to 1:45 & 1:45 to 2:30 p. m.

Trainees will attend only 1 session each Sunday

SUNDAYS - March 5th through June 18th

Register online - Go to ehamptonny.gov

Please bring you own Mask, Cap & Goggles

A. Pre-Test. All New Trainees will be asked to:

* **Swim 50 yards** (2 lengths of the pool) freestyle stroke - **not timed but form is very important**
* **Tread water** in the deep end of the pool for at least 5 minutes.
* **Swim underwater** 10 - 15 yards in the deep end of the pool.

B. Stroke Evaluation. Each Trainee will have an Evaluation Card

* We look at and will grade each aspect of three basic strokes - **Freestyle Stroke, Side Stroke, and Breast Stroke** on a grading scale of **0 (poor), 1 (fair), 2(good), and 3 (excellent).**
* If all aspects of a stroke have a **successful rating of 2 or higher**, we ask that the stroke be practiced for at least **four laps**. This builds up the trainees swim conditioning.
* **Some Trainees whose strokes are poor might need additional instruction which is available at the YMCA.**

C. Swim Test. When Trainees have improved their strokes and conditioning, they take the following Test:

Ages 9, 10, 11, or 12

Timed Swim - 2 minutes and 15 seconds or less
* 4 lap (100 yards) freestyle - no stopping or resting at the walls - **good form**.

Combination Paced Swim - Not timed but good form must be maintained
* 8 lap (200 yards) combination swim using freestyle, sidestroke, & breaststroke

Ages 13, 14, or 15

Timed Swim - 3 minutes and 10 seconds or less
* 6 lap (150 yards) freestyle - no stopping or resting at the walls - **good form**.

Combination Paced Swim - Not timed but good form must be maintained
* 12 lap (300 yards) combination swim using freestyle, sidestroke, & breaststroke

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Program Director
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