

# Navy Youth Swim Test



**Navy Youth Swim License**

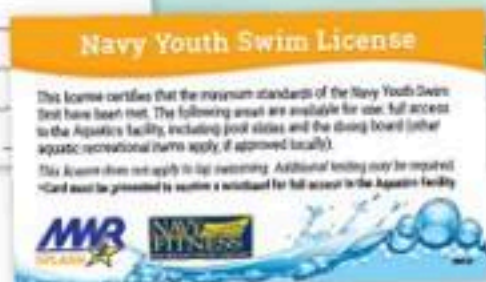
Name: \_\_\_\_\_

Youth Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Aquatics Staff Signature: \_\_\_\_\_

Date Issued: \_\_\_\_\_ Date Expires: \_\_\_\_\_



## Navy Youth Swim License Eligibility

To attain full access to the Aquatics facility, including slides, diving board, and other recreational activities, all youths 17 and under must successfully pass the Navy Youth Swim Test.



### Minimum standards for the Navy Youth Swim Test include:

- 1 **Swim one pool length (minimum of 25 yards) unassisted and without rest. Swimmers must use a recognizable swim stroke for the entire distance.**
- 2 **Tread water for a minimum of 60 seconds.**
- 3 **Jump into the deep end of the pool and return to the surface.**
- 4 **Exit the pool unassisted.**



\*\* Swim tests are offered daily by lifeguards at times determined by the local Aquatics program.

\*\* Swimmers are allowed to test only once per day.

\*\* The swim test is valid for ONE year. All swimmers must be reassessed every year. Lifeguards may require additional testing for swimmers, if and when needed. The lifeguard has the authority to request reassessment of any child at any time.

\*\* All swimmers who pass the deep water swim test will be awarded a Navy Youth Swim License. All swimmers must show their license upon entering the Aquatics facility and will receive a wristband to have full access to the deep end, slides and diving boards. Additional testing may be required for lap swimming.

