

SWIMMING SKILL

SWIMMER	BEGINNER	NON-SWIMMER
Jump feet-first into water over the head in depth.	Jump feet-first into water over the head in depth.	Unable to pass beginner test.
Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.	Level off and swim 25 feet on the surface.	Unable to pass swimmer test.
Swim 25 yards using an easy, resting backstroke.	Stop, turn sharply, resume swimming.	May swim in water no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines.
A total of 100 yards must be completed in one swim without stops and must include at least one sharp turn.	After swimming, return to the starting place.	
After completing the swim, rest by floating.	May swim in water standing depth and may extend to depths just over the head.	
May swim in water up to 12 feet in depth in clear water and should be defined by floats or other markers.		