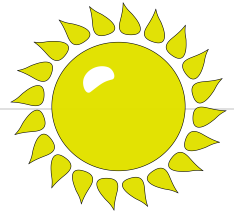




KINGS BAY Y SUMMER DAY CAMP 2023 SWIM TESTS



NAME:	MY SWIMMING LEVEL: <u>Beginner 1 , Beginner 2 , Intermediate , Advanced</u>
BEGINNER 1 - Red Cap WITH HELP OR FLOTATION DEVICE	
<input type="checkbox"/>	ENTER AND EXIT WATER USING STEPS OR SIDE
<input type="checkbox"/>	TREADING WITH ARM AND HAND ACTION
<input type="checkbox"/>	BLOW BUBBLES THROUGH MOUTH AND NOSE
<input type="checkbox"/>	FRONT GLIDE AND RECOVER TO A VERTICAL POSITION
<input type="checkbox"/>	BACK GLIDE AND RECOVER TO VERTICAL POSITION
<input type="checkbox"/>	RECOGNIZING LG / HOW TO CALL FOR HELP/ TOO MUCH SUN IS NOT FUN
BEGINNER 2 - Blue Cap WITH HELP OR FLOTATION DEVICE	
<input type="checkbox"/>	ENTER AND EXIT WATER USING STEPS OR SIDE
<input type="checkbox"/>	FULLY SUBMERGE AND HOLD BREATH
<input type="checkbox"/>	TREADING WITH ARM AND HAND ACTION
<input type="checkbox"/>	FREESTYLE AND ELEMENTARY BACKSTROKE
<input type="checkbox"/>	RECOVER FROM A FRONT AND BACK FLOAT TO VERTICAL POSITION
<input type="checkbox"/>	RECOGNIZING LG / HOW TO CALL FOR HELP/ TOO MUCH SUN IS NOT FUN
INTERMEDIATE - Neon Orange Cap	
<input type="checkbox"/>	ENTER WATER BY JUMPING FROM THE SIDE
<input type="checkbox"/>	FREESTYLE SWIM - 20 yards
<input type="checkbox"/>	BACKSTROKE SWIM - 20 yards
<input type="checkbox"/>	TREAD WATER FOR 60 SEC
<input type="checkbox"/>	RECOGNIZING LG / HOW TO CALL FOR HELP/ TOO MUCH SUN IS NOT FUN
ADVANCED - Neon Yellow Cap	
<input type="checkbox"/>	FREESTYLE SWIM - 30/40 yards
<input type="checkbox"/>	BACKSTROKE SWIM - 30/40 yards
<input type="checkbox"/>	BREASTSTROKE SWIM - 30/40 yards
<input type="checkbox"/>	TREAD WATER FOR 60 SEC
<input type="checkbox"/>	DIVE OR JUMP IN THE DEEP END OF THE POOL