



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 Saturday

SUNDAYS - March 5th through June 18th

Register online - Go to ehamptonny.gov

Please bring you own 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

Program Director

John J. Ryan Jr.

Program Coordinator

John J. Ryan Sr.

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