



Lifeguard PRETEST

Required Swimming Skills:

1. Swim a total of 300 Yards (from one end of pool to other is 25 yards, so 12 laps total)
2. Tread water for a total of 2 minutes using LEGS ONLY. Arms tucked into armpits.
3. In 1min 40sec, Swim 20 yards and retrieve a 10lb dive brick from a depth of at least 7 feet. Swim back to the starting point while holding the brick with both hands. Exit the swimming pool.

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