

Peabody Recreation Department's Swim Test Information for Outdoor Adventure Programs

In order to ensure the safety of all participants, some Outdoor Adventure programs may require a swim test. The following is a list of all Summer 2011 program that require documentation of a swim test:

- Sailing (July 25-29)
- Maine Rafting Adventure (August 15-19)
- Ocean Exploration (July 25 – August 5) –FOR AGES 10 & 11 WHO WISH TO SURF

We require that you present written proof that you have passed a swim test that includes a minimum of the following:

- 100 yards total of a combination of crawl stroke and breaststroke
- 1 minute continuous treading water
- 1 minute continuous of back floating

*Note- If you have already taken swim lessons that have progressed beyond the above requirements, you may provide written documentation, signed by your instructor, specifying your current level as substitute for the swim test. If you have submitted a swim test to Peabody Recreation in the past, you **DO NOT** need to be tested again. If you are unsure, please contact our office for verification.

HOW TO GET TESTED

Contact your local YMCA aquatics director prior to your child's participation in our program to complete your swim test. Call ahead to check availability. Be sure to collect your signed documentation from the lifeguard whom administered your test. Return to Peabody Recreation prior to your child's participation this summer. There is no charge for the swim test.

Local Contacts-

Peabody/Lynnfield YMCA: Margaret Lyons, 978-977-9622

Salem YMCA of the North Shore: Richard "Jed" Koehler, 978-744-0351 ext. 104

Please call our office if you have any further questions: (978) 536-7130