



# TOWN OF EAST HAMPTON

159 Pantigo Road  
East Hampton, New York 11937  
Office: (631) 324-2417  
Fax: (631) 324-3085

**JOHN ROONEY**  
SUPERINTENDANT OF RECREATION

## **Training, Evaluating & Testing Program** for the **2015 Summer Junior Lifeguard Program**

**Age 9 through Age 14**

**(as of 7/1/15)**

at the

**YMCA East Hampton RECenter Pool**

**Sundays - 1:00 to 2:00 p. m.**

**March 8<sup>th</sup> through June 14<sup>th</sup>**

**Except March 15<sup>th</sup> & April 5<sup>th</sup>**

**No Fee**

**Sign-up at RECenter any Sunday at 12:45 pm**

**Parent must be present sign-up their child**

**A. Pre-Test . New Trainees will be asked to:**

- \* **Swim 50 yards** (2 lengths of the pool) using the 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 –see back of this sheet:**

- \* 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 or 14      Timed Swim - 2 minutes and 15 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

**No one, including all 2014 Junior Lifeguards, will be accepted into the Summer Junior Lifeguard Program unless they pass the above Swim Test**

**Program Director**  
**John J. Ryan Jr.**

**Program Coordinator**  
**John J. Ryan Sr.**

(Over Please )

# 2015 JUNIOR LIFEGUARD TRAINING, EVALUATING & TESTING INFORMATION

- A. YMCA Youth Swim Team members or any other YMCA swim program member can be tested at those practice sessions but must qualify like everyone else.
- B. Our Spring Training, Evaluating & Testing Program will run Sundays - March 8<sup>th</sup> through June 14<sup>th</sup>. **Once a Trainee has passed the Swim Test they need not come to training.** Trainees will have until the end of June to qualify for our Summer Junior Lifeguard Program which will be run this year at Main Beach, East Hampton, Indian Wells Beach, Amagansett, & Ditch Plains Beach, Montauk starting Saturday, June 20<sup>th</sup>. **See Separate Flyer.**
- C. Some of our new trainees, after they have been pre-tested and evaluated by us will need addition swim instruction in a YMCA swim lesson program, **especially if their freestyle stroke has poor form.** They should take a copy of their Evaluation Card to that program and when their swim strokes and swim conditioning have improved they should take the Junior Lifeguard Swim Test. This test can be given by the YMCA instructor in their swim program or they can return to us on any Sunday to be tested.

### An Important Note to the Parents:

**We are facilitators not inhibitors.** We must have good swimmers in our Summer Ocean Program and **we cannot teach swimming at the ocean.** We want all our trainees to become “Qualified” but, that may not happen. Last year we trained **341 kids in our Spring Training Program and 314 Qualified.** Almost of the 27 trainees who did not qualify started our training too late and/or only attended 1 or 2 of our 13 sessions. Even if they don’t qualify, we still want this training to be a positive experience for your child. Kids are great; they will always try hard and do their best. So will our Instructors.

### Copy of Our Evaluation Card

2015 Junior Lifeguard Evaluation Card				2014 Junior LG?    Yes ___ No ___	
Name _____, _____				<u>Pretest</u> (not for 2014 Junior LG)	
Last	First	Age as of 7 / 1 / 15	Phone	___ 50 Yd Freestyle <u>Best Form</u>	
				___ 5 Minute. Treading	
				___ 10-15 Yds. Underwater	
<u>Freestyle Stroke</u>		<u>Side Stroke</u>		<u>Breast Stroke.</u>	
___ Kick		___ Kick		___ Kick	
___ Stroke		___ Stroke		___ Stroke	
___ Breathing		___ Glide		___ Glide/Breath	
				___ Recommended for additional instruction before attempting Swim Test	
				0 = poor                      2 = good	
				1 = fair                        3 = excellent	
				<u>Comments</u>	
_____					
<u>SWIM TEST</u>			<u>ATTENDANCE</u> (Student need only to attend until they qualify)		
<u>Timed Swim</u>		<u>Paced Swim</u>			
____ (Ages 9, 10, 11, or 12)		____		___ 3/ 8                      ___ 3/ 22                      ___ 3/ 29	
4 laps @ 2:15 or less		8 laps not timed		___ No 3/ 15                      ___ 3/ 29	
		Not needed for '14 Junior LGs		___ Y Clinic                      ___ 4/ 12                      ___ 4/ 19                      ___ 4/ 26	
____ (Ages 13 or 14)		____		___ No 4/ 5                      ___ 4/ 12                      ___ 4/ 19                      ___ 4/ 26	
6 laps @ 3:10 or less		12 laps		___ Easter                      ___ 5/ 3                      ___ 5/ 10                      ___ 5/ 17                      ___ 5/ 24	
		Not needed for '14 Junior LGs		___ 5/ 31                      ___ 6/ 7                      ___ 6/ 14                      ___ 6/ 14                      Mem Day Sun.	

**Summer Program starts Saturday, June 20<sup>th</sup>**

Questions or Concerns

**John Ryan Sr. 631- 324-2787  
Program Coordinator**