

Swim Test Spring 2020

The Swim Test date has not been set yet but likely will be after school and at the LMSD Pool. The LMSD Pool Staff will administer the test and will be comprised of 2 parts: (1) Swim and (2) Tread Test.

The swim portion will involve swimming 2 lengths of the pool fully clothed in practice gear; it is untimed and any stroke may be used. Swimmers cannot touch bottom or the sides of the pool.

The tread portion will be 10 minutes in duration; again fully clothed. Students may not touch the bottom or touch the sides and they must stay submerged in the water the entire time.

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