

SEMPER FIT / AQUATIC SWIM TEST

Individuals 15 years old or younger are not allowed in the deep section of any MCCA operated swimming pool unless they complete a swimming test. The test must be administered by a qualified MCCA, Semper Fit / Aquatics employee and the following rules apply:

The test consists jumping in and submerge, surface and turn in circle. A 60 second back-float or treading water. When floating on their back the individual needs to lie perfectly still, and if treading water their face must remain out of the water with their bodies in a vertical position. This is immediately followed by a 25-yard swim, without assistance or swim aides. A productive and recognizable correct stroke must be used (i.e. front crawl or back crawl). Dog-paddle, elementary back stroke or underwater swimming of any kind **IS NOT** allowed.

The entire test must be completed consecutively during one attempt per day.

Individuals passing the test will be issued a wrist identification bracelet and be allowed accessed to the entire swimming pool. Individual's names will be recorded on a swim test card and handed to the individual. Each future visit will require they check in with this card and receive a bracelet for identification and access. IF THE CARD IS NOT BROUGHT, THE INDIVIDUAL IS REQUIRED TO RETAKE THE TEST FOR THE DAY.

Test Times

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|----------------------------------|---------------------------------------|
| Tarawa Terrace Pool | 1300, 1500, and 1700 |
| Family Pool and Paradise Point | Upon request (lifeguard is available) |
| Area 2, New River, Wallace Creek | Upon request (lifeguard is available) |

PLEASE PRINT CLEARLY

Name (child) _____ Birthdate _____

Name (parent/guardian) _____

Address _____

Telephone Number (Home) _____ (Cell) _____

Illnesses or Disabilities (if any) _____

I, (Parent/Guardian signature) _____, authorize Marine Corps Community Services (MCCA) Aquatic personnel to test the above referenced child's swimming ability as outlined. I understand that once they pass the swimming test requirements, as outlined below, they will be allowed full access at any of the MCCA operated swimming pools aboard MCB Camp Lejeune.

Date of test _____ Pass/Fail _____

Instructor Name and Signature _____