



# 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 2022 Summer Junior Lifeguard Program

\*Please be aware that all TOEH Recreation Programs are 1) Subject to COVID-19, NY State guidelines, and 2) that they can be cancelled at any time by THE TOWN OF EAST HAMPTON or the YMCA due to health concerns.

### **New Junior Lifeguards Trainees Must Take this Training** **Returning Junior Lifeguards MUST Pass the Pool Swim Test**

Age 9 through Age 15 (as of 7/1/22)  
at the

**YMCA E. H. RECenter Pool**

**Two Sunday Training Sessions – 1:00 to 1:45 & 1:45 to 2:30 p. m.**

**Trainees will attend only 1 session each Saturday**

**SUNDAYS - March 6<sup>th</sup> through June 19<sup>th</sup>**

**Register online - Go to [ehamptonny.gov](http://ehamptonny.gov)**  
**Please bring you own Mask, Cap & Goggles**

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

- \* **Swim 50 yards** (2 lengths of the pool) 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**

- \* 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, 14, or 15**

**Timed Swim - 3 minutes and 10 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

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

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

631-324-2787 [jjryan@optonline.net](mailto:jjryan@optonline.net)