

BAND TEST 2011

HIGH – allowed to swim in upper and lower pools and diving well

2 laps lengthwise of upper pool

2 minutes treading water after going off board

MEDIUM – allowed to swim in upper pool and well

1 lap lengthwise of upper pool

1 minute treading water after going off board

LOW – allowed to swim in upper pool and not the well (unless supervised)

2 laps widthwise of upper pool deep end

1 minute treading water