

Swim Test

Our swim test is designed to check your swimming abilities. Based on this test, you will receive a colored band that shows you passed the swim test.

- Jump into the deep end so your head goes completely under, then come back up to the top of the water.
- Tread water for 1 minute.
- Float on your back or front for 30 seconds.
- Turn around in a complete circle and find the closest exit.
- Swim all the way across the pool and back (2 pool widths) without stopping.
- Climb out of the pool without using the ladder.

Pass = Full pool use.

No Pass = Shallow pool only where swimmer can touch, flat-footed, with their head above water.

Swimmers younger than 18 years must pass a swim test before using the deep end. A Lifeguard will watch you take the test and can ask anyone to take the test at any time to ensure safety.

Howard Hopkins Memorial Pool
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