



***Swim / Float Test***

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by the Pocock Rowing Center or participating in any Pocock Rowing Center programs.

The Swim / Float test consists of keeping afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You must also be wearing long pants and a long sleeve shirt while undergoing this test.

The certified Lifeguard or Water Safety Instructor (WSI) must complete the information below:

***Information below to be filled out by a certified Lifeguard / Water Safety Instructor only***

I, \_\_\_\_\_.

a certified lifeguard / water safety instructor at the \_\_\_\_\_

pool do hereby certify that \_\_\_\_\_

remained afloat under his/her own power for ten minutes without touching

the sides or bottom of the pool, and without receiving assistance of any

kind from any object or person.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



### *Pool Schedule*

This is a list of pools in Seattle you can use to acquire your swim/float test. Other cities also have accredited pools. **Pools semi-regularly change hours, so please call ahead to verify times.** Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water. Fees are generally \$2.75 for 18 years and younger.

#### **Ballard - 1471 NW 67th St. – 206-684-4094**

M-F 12:00pm-1:15pm & 1:30-2:50pm  
M/W 8:30pm-9:30pm  
T 7:30pm-8:30pm  
W 6:30pm-7:30pm  
F 7:00pm-8:00pm  
Sun 2:00pm-3:00pm

#### **Evans - 7201 E. Greenlake Dr. N – 206-684-4961**

M-Sat 1:30pm-2:30pm  
T/Th/F 7:00pm-8:00pm  
Sat 3:30pm-4:30pm

#### **Helene Madison - 13401 Meridian Ave. N – 206-684-4979**

M-F 2:00pm-3:30pm  
M/W 7:30pm-8:30pm  
F 7:00pm-8:00pm  
Sun 1:00pm-2:00pm

#### **Meadowbrook - 10515 35th Ave. NE – 206-684-4989**

M-Sat 1:30pm-3:00pm  
M 7:30pm-8:00pm  
M/F 10:00am-11:00am  
T/Th 7:00pm-8:00pm  
F 4:00pm-5:00pm & 7:30pm-8:30pm  
Sat 9:30am-10:30am & 1:30pm-3:00pm & 4:30pm-5:30pm

#### **Queen Anne - 1920 1st Ave. W – 206-386-4282**

Everyday 1:30pm-2:45pm  
T/Th 8:00pm-8:30pm  
F 7:00pm-8:00pm  
Sat 10:00am-11:00am & 3:30pm-4:30pm

#### **Rainier Beach - 8825 Rainier Ave. S. – 206-386-1944**

M/W 6:30pm-7:30pm  
M/F 10:00am-11:00am  
F 5:30pm-7:00pm  
Sat 1:30pm-3:30pm  
Sun 2:30pm-4:30pm