



# Swimming Merit Badge



## 1st Class @ Natatorium / Pool

- > BSA Swimmer Test (Same as Summer Camp)
- > Practice Front Crawl Stroke & Side Stroke
- > Reaching / Throwing Rescues / Swimming Shouldnt be Attempted / Avoid Contact

- Requirement #**  
 #2 - SIGN OFF  
 #3  
 #4 A/B - SIGN OFF

## 2nd Class @ Natatorium / Pool

- > Practice Backstroke & Breaststroke
- > Feet First & Head First Dives (Surface Dives)
- > Floating / Survival Floating / Help & Huddle

- Requirement #**  
 #3  
 #6 - SIGN OFF  
 #5 - SIGN OFF

## 3rd Class @ Natatorium / Pool

- > Practice Elementary Backstroke
- > Standing Headfirst & Long Shallow Dives
- > Allowed to do 150 Yards Swimming Test (See below for Requirement #3 in Detail)
- > Make Up any Requirements

*(Check on Window of Guard Office for the Make Up Sheets)*

- Requirement #**  
 #3  
 #7 - SIGN OFF  
 #3 - SIGN OFF  
 MAKE UP

## 4th Class @ Natatorium / Pool

- > 150 Yards Swimming Test (See below for Requirement #3 in Detail)
- > Make Up any Requirements

*(Check on Window of Guard Office for the Make Up Sheets)*

- Requirement #**  
 #3 - SIGN OFF  
 MAKE UP

## 5th Class @ Natatorium / Pool

- > Make Up any Requirements

*(Check on Window of Guard Office for the Make Up Sheets)*

- Requirement #**  
 MAKE UP

## 6th Class @ Lecture Class

- > First Aid
- > Safe Swim Defence & Hazards you may encounter Swimming
- > Aerobic Exercise

- Requirement #**  
 #1A - SIGN OFF  
 #1B - SIGN OFF  
 #8 - SIGN OFF





**= 25 Yards for Strokes**  
**= 6 Laps in Pool**



3. Swim continuously for 150 yards using the following strokes in a good form and in a strong manner: front crawl for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards and elementary backstroke for 50 yards.