



Swimming Merit Badge



Prerequisite:

-Swimmer Classification! Must be able to pass the BSA Swim Test! Proof isn't required but the first requirement completed is the BSA Swim Test. Not passing the BSA Swimmer Test will result in being transferred to our Learner's Swimming Lessons!

1st Class @ Natatorium / Pool

- > BSA Swimmer Test
- > Practice Front Crawl Stroke & Side Stroke
- > Reaching / Throwing Rescues / Swimming Shouldn't be Attempted / Avoid Contact

Requirement #
#2 - SIGN OFF
#3
#4 A - SIGN OFF

2nd Class @ Natatorium / Pool

- > Practice Backstroke & Breaststroke
- > Line & Tender
- > Surface Dives - Feet First & Headfirst
- > Floating / Survival Floating / Help & Huddle / What Hastens Hypothermia

Requirement #
#3
#4 B - SIGN OFF
#6 A/B - SIGN OFF
#5 - SIGN OFF

3rd Class @ Natatorium / Pool

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

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)
- > Multiple Surface Dives - Headfirst
- > Make Up any Requirements

Requirement #
#3 - SIGN OFF
#6 C - SIGN OFF
MAKE UP

5th Class @ Natatorium / Pool

- > Make Up any Requirements

Requirement #
MAKE UP

6th Class @ Lecture

- > Safe Swim Defence & Hazards you may encounter Swimming
- > First Aid
- > Regular Aerobic Exercise / Why Swimming is Favored

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



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= 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.