

*City of Kirkland Aquatic Service*  
**CANDIDATE TESTING INFORMATION SHEET**  
**SUMMER 2010**

Depending on the position you are applying for, you will be tested on the following:

**Program Supervisors,  
Lifeguards & Instructors**

Sections I, II & III

**Lifeguards Only**

Sections I & II

**Instructors &  
Coaches Only**

Section III

**SECTION I: - Physical and Endurance Testing**

1. Perform Long Shallow Dive-  
Swim Head High 10 yards-  
Submerged and Recover 10 lb weight from 13 feet-  
Tread water with both weights for 1:30 minutes-  
(Holding weight above surface with two hands)
2. Walk 25 yards- Enter Water and Swim 200 yards in less than 3:00min
3. Swim 50 yards head high in under: 45 seconds
4. Variety of Lifeguarding skills
5. Dive and Recover submerged victim
6. Rescue a struggling victim

**Section II: - Physical and Endurance Testing**

**Necessary to guard at Houghton or Waverly Beach**

Perform #1 - #3 above with the following modifications

1. Recover two, 5 lb weights spread out 10 feet apart from a depth of 13 ft and tread water for 2:00 Min
2. Swim 200 yards in less than 2:30min and continue to 550 yards in under 9:00 Min
3. Swim 50 yards head high in under: 35 seconds

**SECTION III: - Strokes Evaluation**

For this section, you will be asked to swim the following strokes at "*demonstration*" speed (as you might when "*teaching*" a Learn to Swim Class). You will be assessed on; Body Position, Arm and Leg Motion, Breathing and Timing.

1. 50 yards Butterfly w/turns
2. 50 yards Backstroke w/turns
3. 50 yards Breaststroke w/turns
4. 50 yards Crawl Stroke w/turns and long shallow dive entry
5. 50 yards Elementary Backstroke
6. 50 yards Sidestroke