

Girl Scout Troop 6320 Mariners  
Swimming Proficiency Test  
MARINER PIN



Scout Name: \_\_\_\_\_

**MARINER**

**Swim Test**

Date

Signature & Printed Name of  
Instructor / Coach / Leader

|   |  |  |
|---|--|--|
| Jump into water fully clothed & tread water for 3 minutes |  |  |
| Swim 50 yards using any recognizable stroke               |  |  |

Date of Completion: \_\_\_\_\_ Signature of Instructor: \_\_\_\_\_

Girl Scout Troop 6320 Mariners  
Swimming Proficiency Test  
MIDSHIPMITE



Scout Name: \_\_\_\_\_

## MIDSHIPMITE

|   | Date | Signature & Printed Name of<br>Instructor / Coach / Leader |
|---|------|--|
| Jump into water fully clothed & tread water for 2 minutes with hands wrist-high above the surface   |      |  |
| Jump into water fully clothed and swim 100 yards in recognizable stroke, then relax in floating position for 3 minutes  |      |  |
| Swim 250 yards continuously:<br><br>100 yards of any combination of Front Crawl, Breaststroke, or Butterfly<br><br>100 yards of any combination of Backstroke or Elementary Backstroke<br><br>50 yards of any recognizable stroke |      |  |

Date of Completion: \_\_\_\_\_ Signature of Instructor: \_\_\_\_\_

Girl Scout Troop 6320 Mariners  
Swimming Proficiency Test  
JACK TAR



Scout Name: \_\_\_\_\_

JACK TAR

Swim Test

Date

Signature & Printed Name of  
Instructor / Coach / Leader

Demonstrate mastery of front crawl,  
sidestroke, breaststroke, and backstroke

Tread water for 5 minutes with hands  
wrist-high above the surface

Swim 10 minutes continuously without  
touching the sides or bottom.

Date of Completion: \_\_\_\_\_ Signature of Instructor: \_\_\_\_\_

Girl Scout Troop 6320 Mariners  
Swimming Proficiency Test  
SEAWOMAN



Scout Name: \_\_\_\_\_

SEAWOMAN

Swim Test

Date

Signature & Printed Name of  
Instructor / Coach / Leader

|  |  |  |
|--|--|--|
| Swim 20 minutes continuously without touching the sides or bottom. |  |  |
|--|--|--|

Date of Completion: \_\_\_\_\_ Signature of Instructor: \_\_\_\_\_