

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

Signature & Printed Name of  
Instructor / Coach / Leader

Date

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:  100 yards of any combination of Front Crawl, Breaststroke, or Butterfly  100 yards of any combination of Backstroke or Elementary Backstroke  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.

Swim 20 minutes continuously without touching the sides or bottom.		
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Date of Completion: \_\_\_\_\_

Signature of Instructor: \_\_\_\_\_