

CITY COUNCIL

The City of Orange Township, New Jersey

DATE July 5, 2023

NUMBER 281-2023

TITLE: A RESOLUTION TO ENTER INTO CONTRACT WITH METRO YMCA OF THE ORANGES TO CO-FACILITATE THE 2023 CITY OF ORANGE SWIM PROGRAM, NOT TO EXCEED \$25,500.00. (AMENDED)

WHEREAS, the City of Orange Township has, for over the past 3 years, observed the lack of swim interest and skills of residential youths utilizing its swim facilities; over 80% of young pool participants lack a competent level of comfort in or around the swimming pool; and

WHEREAS, The City of Orange Township understands that swimming is an important life skill that should be taught at a young age. It builds self-confidence, it is an excellent form of exercise, It keeps the heart and lungs healthy, improves strength and flexibility, increases stamina and can improves balance and posture; and

WHEREAS, The City of Orange Township realizes that essential swimming skills include being able to enter the water and resurface, controlling breathing, floating, turning, and moving to safety in the water and exiting; and

WHEREAS, The City of ORANGE engaged the YMCA for the purposes of accomplishing the scope of service in the MOA, which would provide swim skills and acclimate youth to the pool environment and swim techniques; hereby, reducing fear of large body water and increase self-confidence and quality of life for the participating youth population.

WHEREAS, The collaboration of the City of Orange Township and The Metro YMCA of The Oranges will attempt to lower the percentage of Orange resident non-swimmers through the 2023 Swim Program; and

WHEREAS, the Chief Financial Officer of the City of Orange Township has prepared the necessary Certificate of Availability of Funds, a copy of which is attached hereto certifying that funds will be available for this purpose in Account No. 3-01-28-364-000-528(\$15,500) & T-03-00-364-000-115(\$10,000) contingent upon Council approval and inclusion of said item in the Temporary Budget and adopted 2023 Budget, there will be sufficient funds to contract Metropolitan YMCA of the Oranges.

NOW, THEREFORE BE IT RESOLVED that the City of Orange Municipal Council does hereby authorize the 2023 Metro YMCA of The Orange contract for the purpose of co-facilitating the City of Orange 2023 swim program.

Adopted: July 5, 2023

Joyce L. Lanier
City Clerk

Council President



CITY OF ORANGE
FINANCE DEPARTMENT

CERTIFICATION OF FUNDS
NEXT BUDGET/GENERAL TRUST FUND

I, Nile Clements, Chief Financial Officer for the City of Orange Township, do hereby confirm that based on the Quote or RFP, RFQ, bid results or "extraordinary unspecifiable services" without competitive bids for 2023 service contract, and the resolution to be presented to the Council for approval, and contingent upon Council approval and inclusion of said item in the Temporary Budget and adopted 2023 Budget, there will be sufficient funds to contract with:

Vendor Name: Metropolitan YMCA of Oranges
Address#1: 304 S. Livingston Ave.

City: Livingston
State: NJ
Zip Code: 07039

Purpose: Swim program

	Fund: General Trust	Current
Account Name :	Rec - Aquatics/Swimming	REC - Recreation - Contractual Services
Account Numbers(s):	T-03-00-364-000-115	3-01-28-364-000-528
Requested	10,000.00	15,500.00
Amount in temp. budget	10,000.00	15,500.00

Vendor ID: METRO05

Purchase Order #: 23-01372

Amount not to exceed: \$25,500.00

Division Head

Date

Nile Clements

6/29/2023

Chief Financial Officer

Date



THE CITY OF ORANGE TOWNSHIP
DEPARTMENT OF COMMUNITY SERVICES
29 North Day Street, Orange, New Jersey 07050
Mayor Dwayne D. Warren, Esq.

Wendy M. Sykes, MHS
Director of Community Service
P: (973) 952-6100 x. 1804

MEMORANDUM OF AGREEMENT

City of Orange Township and The Metro YMCA of The Oranges

This Agreement is made between the City of Orange Township (herein called ORANGE) and The Metro YMCA of the Oranges (herein called YMCA) for the 2023 City of Orange Summer Swim Program (herein called the Swim Program).

As the City of Orange, Department of Community Services has over the past 3 years, observed the lack of swim interest and skills of residential youths utilizing its swim facilities; over 80% of young pool participants lack a competent level of comfort in or around the swimming pool. This MOA serves to fill the swim competency gap among Orange youth.

The City of ORANGE will engage the YMCA via this MOA for the purposes of accomplishing the scope of service below, which would provide swim skills and acclimate youth to the pool environment and swim techniques; hereby, reducing fear of large body water and increase self-confidence and quality of life for the participating youth population.

The parties agree that:

1. **SCOPE OF SERVICE**

A. **ORANGE Responsibilities**

ORANGE will co-facilitate the 2023 Swim Program. ORANGE will provide necessary assistance and guidance to the YMCA as may be required to accomplish the objectives and conditions set forth in this Agreement.

ORANGE is responsible for completing the following tasks to accomplish the objectives of the Project:

Principal Tasks

- **Registration**
 - Participants will register for the swim program through the YMCA portal. Copies of participant registration forms will be given and maintained in the City of Orange – Department of Community Services – Division of Recreation.

- **Location of swim lessons**

- Swim lesson will take place at Orange Metcalf, Colgate and Central Park pools.
- Advertisement of Program
 - Both parties will advertise the program using established systems within their organizations.
- Life Guards Training
 - Lifeguards trained/certified by the YMCA and hired by the City of Orange Township for the 2023 Summer Swim Program will start at a rate ranging from \$18-21 per hour, depending on experience.
- Payment for 3 YMCA Pool Deck Supervisors, 6 WSI Instructors, YNCA Administrative oversight and Orange resident swim participants.

Payments for Orange resident participants shall not exceed the cost for 120 participants at 8 weekly lessons per participant, \$15 per participant. Payment will be made to the YMCA. Payment amount is based on number of classes taken per registrant, *i.e.*, *Registrant-A x No. of classes x \$15*.

Payment for 3 Pool Deck Supervisors will be reimbursed upon submission of invoice. Payment will be made based on Pool Deck Supervisors \$19.50/hr. rate of pay, not to exceed \$3,000.

Payment for 6 WSI (Water Swim Instructors) will be reimbursed upon submission of invoice. Payment will be based on WSI \$18 rate of pay, not to exceed \$4,000.

Payment for additional YMCA Executive, Director and Administrative oversight will be implemented as a part of the 2023 swim program safety and protocol compliance, not to exceed \$4,000.00.

- Provide necessary swim equipment for swim program.
 - The City will coordinate with YMCA to identify swim equipment necessary to implement the program. The city will place the order and cover cost of equipment.
- Lifeguard training fee reimbursement. Lifeguards hired by the City of Orange for the 2023 Swim Program.
 - Reimbursements are for lifeguards trained through the Metro YMCA of the Oranges Lifeguard certification program only.
 - Reimbursements should not exceed \$255 per person, per year.
 - Reimbursement is available upon the of their full 2023 summer employment term.

B. YMCA Responsibilities

The YMCA will complete in a satisfactory and proper manner as determined by ORANGE the following tasks to accomplish the objectives of the Project. The YMCA will periodically meet with ORANGE to review the status of these tasks.

Principal Tasks

- Provide adequate lifeguard trainings.

The YMCA shall provide adequate lifeguard training and State of NJ approved Certifications for potential City of Orange 2023 Lifeguards. Number of Lifeguards hired by the City of Orange shall not exceed 20 and both parties shall agree upon number of lifeguards to be hired.

- Swim Program Participants

The YMCA shall record, track and maintain the swim progress of each 2023 swim program participant in order to analyze the participants' progress. All participants shall receive a base line swim evaluation to determine the level of skill; after which, lesson shall commence based on the level determined. All records shall be shared with the City of Orange No later than 60 days after the program end date.

- Program Registration.

The YMCA shall register 2023 swim program participants ensuring the collection of all necessary documentation, including parental and/or doctor consent documentation.

- Pool Deck Supervisors.

The YMCA shall provide and supervise Pool Deck Supervisors. Pool Deck Supervisors are responsible for overseeing all WSI's and the daily operations of the swim program; and report to YMCA Director. All program incidents should also be reported to the City of Orange Recreation Supervisor.

WSI Instructors.

The YMCA shall provide and supervise all WSI Instructors. WSI staff is responsible for providing swim lessons for all swim program participants in accordance with the YMCA swim program curriculum including addendums B & C). WSI will utilize the City of Orange pools (Metcalf, Central & Colgate) and follow the rules and regulation of said pools.

Executive Oversight

The YMCA shall provide executive, director and administrative oversight for the 2023 swim program; ensuring proper safety for all participants on behalf of their employees and that proper guidelines are followed in swim instruction and staff certifications. They shall also implement the registration process and submit required registration documents to the city upon request or end of the program prior to payment. Documents should include swim participants names, number of swim lesson taken including dates of lessons and sign in sheets for each swim lesson/pool.

- Maintain necessary program paperwork.

The YMCA shall collect and maintain all program documents; and a copy of same documents are to be submitted to the City of Orange Township for their records.

- Program Review Conference.

A review of the program shall commence between the YMCA and Orange within 60 days of the program's end date. Both parties will analyze and give feedback on the program.

2. TIME OF PERFORMANCE

The effective date of this Agreement will be the date the parties sign and complete execution of this agreement and will be in effect for 60 days after the program end date.

Lessons for the swim program will begin June 24, 2023 and will end on August 12, 2023. Lesson will take place on Saturdays at the perspective City of Orange pools (See addendum A)

3. **BUDGET**

ORANGE will pass through to the YMCA no more than \$.00 in CDBG funds for eligible incurred costs and expenses for the Project according to the following budget.

Project Budget Element	Not to Exceed
Pool Deck Supervisor (PDS) @ \$19.50 per PDS	\$3,000.00
City of Orange Resident Participant @ \$15 per lesson not to exceed 8 lessons per participant.	\$14,500.00
6 WSI (Water Swim Instructors)	\$4,000.00
Executive, Director, Administrative Oversight	\$4,000.00

ORANGE may require a more detailed budget breakdown, and the YMCA will provide such supplementary budget information in a timely fashion in the form and content prescribed by ORANGE.

4. **GENERAL CONDITIONS**

A. **Hold Harmless**

The YMCA will hold harmless, defend and indemnify ORANGE from any and all claims, actions, suits, charges and judgments whatsoever that arise out of the YMCA's performance or nonperformance of the services or subject matter called for in this Agreement.

B. **Workers' Compensation**

The YMCA will provide Workers' Compensation Insurance Coverage for all of its employees involved in the performance of this Agreement.

C. **Insurance and Bonding**

The YMCA will carry sufficient insurance coverage to protect contract assets from loss due to theft, fraud and/or undue physical damage, and as a minimum will purchase a blanket fidelity bond covering all employees in an amount equal to cash advances from ORANGE.

D. **Amendments**

ORANGE or YMCA may amend this Agreement at any time provided that such amendments make specific reference to this Agreement, and are executed in writing, signed by a duly authorized representative of each organization. Such amendments will not invalidate this Agreement, nor relieve or release ORANGE or YMCA from its obligations under this Agreement.

E. **Suspension or Termination**

ORANGE may suspend or terminate this Agreement if the YMCA materially fails to comply with any terms of this Agreement, which include (but are not limited to) the following:

1. Failure to comply with any of the rules, regulations or provisions referred to herein;
2. Failure, for any reason, of the YMCA to fulfill in a timely and proper manner its obligations under this Agreement.
3. Ineffective or improper use of funds provided under this Agreement; or
4. Submission by the YMCA to ORANGE of reports that are incorrect or incomplete in any material respect.

This Agreement may also be terminated for convenience by either ORANGE or the YMCA, in whole or in part, by setting forth the reasons for such termination, the effective date, and, in the case

of partial termination, the portion to be terminated. However, if in the case of a partial termination, ORANGE determines that the remaining portion of the award will not accomplish the purpose for which the award was made, ORANGE may terminate the award in its entirety.

F. Documentation and Record Keeping

1. Records to Be Maintained

The YMCA will maintain all records required by the Federal, State and Local regulations pertaining to the 2023 swim program.

Such records will include but not be limited to:

- a. Full registration records for each participant;
- b. Complete sign-in sheets per swim lesson per pool;
- c. All program Invoices.

5. PERSONNEL AND PARTICIPANT CONDITIONS

A. Civil Rights

Title VI of the Civil Rights Act of 1964:

Under Title VI of the Civil Rights Act of 1964, no person will, on the grounds of race, color, creed, religion, sex or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

Section 109 of the Housing and Community Development Act of 1974:

No person in the United States will on the grounds of race, color, creed, religion, sex or national origin be excluded from participation in, be denied benefits of, or be subjected to discrimination under any program or activity funded in whole or in part with funds made available under this title.

Age Discrimination Act of 1975, as Amended

No person will be excluded from participation, denied program benefits, or subjected to discrimination on the basis of age under any program or activity receiving federal funding assistance. (42 U.S.C. 610 et. seq.)

Section 504 of the Rehabilitation Act of 1973, as Amended

No otherwise qualified individual will, solely by reason or his or her disability, be excluded from participation (including employment), denied program benefits, or subjected to discrimination under any program or activity receiving Federal funds. (29 U.S.C. 794)

Public Law 101-336, Americans with Disabilities Act of 1990

Subject to the provisions of this title, no qualified individual with a disability will, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subjected to discrimination by any such entity.

B. Conduct

1. Assignability

The YMCA will not assign or transfer any interest in this Agreement without the prior written consent of ORANGE thereto; provided, however, that claims for money due or to become due to the YMCA from ORANGE under this contract may be assigned to a bank, trust company, or other financial institution without such approval. Notice of any such assignment or transfer will

be furnished promptly to ORANGE and New Jersey Department of Community Affairs and the County of Essex.

2. Conflict of Interest

No member of ORANGE’s governing body and no other public official of the City of Orange, who exercises any functions or responsibilities in connection with the planning or carrying out of the project, will have any personal financial interest, direct or indirect, in this agreement; and the YMCA will take appropriate steps to assure compliance.

6. SEVERABILITY

If any provision of this Agreement is held invalid, the remainder of the Agreement will not be affected thereby and all other parts of this Agreement will nevertheless be in full force and effect.

7. PERFORMANCE WAIVER

ORANGE’s failure to act with respect to a breach by the YMCA does not waive its right to act with respect to subsequent or similar breaches. The failure of ORANGE to exercise or enforce any right or provision will not constitute a waiver of such right or provision.

8. ENTIRE AGREEMENT

This Agreement constitutes the entire agreement between ORANGE and the YMCA for implementation of the 2023 Swim Program. provided under this Agreement and it supersedes all prior communications and proposals, whether electronic, oral, or written between ORANGE and the YMCA with respect to this Agreement.

[The attachments to this Agreement are identified as follows:]

- Addendum A: Program Advertisement Flyer.*
- Addendum B: Swim Curriculum – Skill Continuum*
- Addendum C: Swim Curriculum – Swim Stages*

IN WITNESS WHEREOF, ORANGE and the YMCA have executed this agreement as of the date and year last written below.

CITY OF ORANGE TOWNSHIP

Metropolitan YMCA of the Oranges

By: _____

By:  _____

Title: _____

Title: Sr VP/COO

Date: _____

Date: 6/27/2023



Student: _____ Instructor: _____ Date: _____

My next stage should be: 1 / Water Acclimation 2 / Water Movement

Swimming Skills Developed

achieved taught, but yet to be achieved



Submerge bob independently



Roll assisted, back to front & front to back



Front glide assisted, to wall, 5 ft.



Front float assisted, 10 secs., recover independently



Water exit independently



Back glide assisted, at wall, 5 ft.



Jump, push, turn, grab assisted



Swim, float, swim assisted, 10 ft.



Back float assisted, 10 secs., recover independently



Student: _____ Instructor: _____ Date: _____

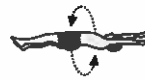
My next stage should be: 1 / Water Acclimation 2 / Water Movement

Swimming Skills Developed

achieved taught, but yet to be achieved



Submerge bob independently



Roll assisted, back to front & front to back



Front glide assisted, to wall, 5 ft.



Front float assisted, 10 secs., recover independently



Water exit independently



Back glide assisted, at wall, 5 ft.



Jump, push, turn, grab assisted



Swim, float, swim assisted, 10 ft.



Back float assisted, 10 secs., recover independently

Swimmer Feedback

I'm awesome at:

I can improve on:

Swimmer Feedback

I'm awesome at:

I can improve on:



Student: _____ Instructor: _____ Date: _____

My next stage should be: 2 / Water Movement 3 / Water Stamina

Swimming Skills Developed



Submerge
look at object on bottom



Front glide
10 ft. (5 ft. preschool)



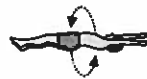
Water exit
independently



Jump, push, turn, grab



Back float
20 secs. (10 secs. preschool)



achieved taught, but yet to be achieved
 Roll
back to front & front to back



Front float
20 secs. (10 secs. preschool)



Back glide
10 ft. (5 ft. preschool)



Tread water
10 secs., near wall, & exit



Swim, float, swim
5 yd.

YMCA Swim Lessons



Student: _____ Instructor: _____ Date: _____

My next stage should be: 2 / Water Movement 3 / Water Stamina

Swimming Skills Developed



Submerge
look at object on bottom



Front glide
10 ft. (5 ft. preschool)



Water exit
independently



Jump, push, turn, grab



Back float
20 secs. (10 secs. preschool)



achieved taught, but yet to be achieved
 Roll
back to front & front to back



Front float
20 secs. (10 secs. preschool)



Back glide
10 ft. (5 ft. preschool)



Tread water
10 secs., near wall, & exit



Swim, float, swim
5 yd.

Swimmer Feedback

I'm awesome at:

I can improve on:

Swimmer Feedback

I'm awesome at:

I can improve on:



Student: _____ Instructor: _____ Date: _____

My next stage should be: 3 / Water Stamina 4 / Stroke Introduction

Swimming Skills Developed

achieved taught, but yet to be achieved



Submerge
retrieve object in chest-deep water



Swim on back
15 yd. (10 yd. preschool)



Swim on front
15 yd. (10 yd. preschool)



Roll
back to front & front to back



Water exit
independently



Tread water
1 min. & exit (30 secs. preschool)



Jump, swim, turn, swim, grab
10 yd.



Swim, float, swim
25 yd. (15 yd. preschool)



Student: _____ Instructor: _____ Date: _____

My next stage should be: 3 / Water Stamina 4 / Stroke Introduction

Swimming Skills Developed

achieved taught, but yet to be achieved



Submerge
retrieve object in chest-deep water



Swim on back
15 yd. (10 yd. preschool)



Swim on front
15 yd. (10 yd. preschool)



Roll
back to front & front to back



Water exit
independently



Tread water
1 min. & exit (30 secs. preschool)



Jump, swim, turn, swim, grab
10 yd.



Swim, float, swim
25 yd. (15 yd. preschool)

Swimmer Feedback

I'm awesome at:

I can improve on:

Swimmer Feedback

I'm awesome at:

I can improve on:



MAYOR DWAYNE D. WARREN, ESQ.

And The Orange Municipal Council
MOVING ORANGE FORWARD



ORANGE DEPARTMENT OF RECREATION

LIMITED SPACE AVAILABLE!

FREE SWIM PROGRAM

LIMITED SPACE AVAILABLE!

FOR ORANGE RESIDENTS WITH POOL PASS

(POOL PASSES CAN BE OBTAINED AT THE RECREATION OFFICE · ORANGE CITY HALL · 29 N. DAY STREET)

**LEARN TO SWIM AT OUR
METCALF, CENTRAL AND COLGATE POOLS THIS SUMMER!
CLASSES ARE FREE UNTIL CAPACITY IS REACHED.**

STARTING JUNE 24, 2023

8 SATURDAY LESSONS

- BECOME FAMILIAR WITH BODIES OF POOL WATER
- LEARN SWIM TECHNIQUES (FLOATING, BREATHING, ETC.)
- LEARN POOL SAFETY



**AGES 3-5
METCALF
POOL**

**AGES 6-13
CENTRAL
POOL**

**AGES 14 & UP
COLGATE
POOL**

HAVE FUN, STAY COOL & ENJOY THE WATER WITH FRIENDS!

ALL SWIM INSTRUCTORS ARE CPR AND WSI CERTIFIED.

PARENTS MUST ACCOMPANY CHILDREN AGES 12 AND UNDER.

TO REGISTER, CALL 973-673-5588 OR 973-758-9039





Infant & Toddler / Preschool Skill Continuum

This continuum outlines the skills taught at each stage for infants, toddlers, and preschool-age children. Though school-age children, teens, and adults also learn the skills listed in stages 1–4, they achieve distinct milestones compared to preschool-age children. As a result, their skills are presented in a separate skill continuum.

	A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction
Breath control	Blow bubbles on surface, assisted	Blow bubbles mouth & nose submerged, assisted	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water	
Swim on front	Front tow chin in water, assisted Front float chin in water, assisted	Front tow blow bubbles, assisted Front float blow bubbles, assisted	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 5 ft. Front float 10 secs.	Swim on front 10 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.
Swim on back	Back float assisted, head on shoulder Back tow assisted, head on shoulder	Back float assisted, head on chest Back tow assisted, head on chest	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 10 secs. Back glide 5 ft.	Swim on back 10 yd.	Back crawl 15 yd.
Water safety	Roll assisted, back to front & front to back Wall grab assisted	Roll assisted, back to front & front to back Monkey crawl assisted, on edge, 5 ft.	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 30 secs. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.
Benchmark	Water exit parent & child together Water entry parent & child together	Water exit assisted Water entry assisted	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 15 yd.	Endurance any stroke or combination of strokes, 25 yd.



School-Age / Teen & Adult Skill Continuum

This continuum outlines the skills taught at each stage for school-age children, teens, and adults. Though preschool-age children also learn the skills listed in stages 1–4, they achieve distinct milestones compared to school-age children, teens, and adults. As a result, their skills are presented in a separate skill continuum.

	1 Water Acclimation	2 Water Movement	3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics
Breath control	Submerge bob independently	Submerge look at object on bottom	Submerge retrieve object in chest-deep water			
Swim on front	Front glide assisted, to wall, 5 ft. Front float assisted, 10 secs., recover independently	Front glide 10 ft. Front float 20 secs.	Swim on front 15 yd.	Front crawl rotary breathing, 15 yd. Breaststroke kick, 15 yd. Butterfly kick, 15 yd.	Front crawl bent-arm recovery, 25 yd. Breaststroke 25 yd. Butterfly simultaneous arm action & kick, 15 yd.	Front crawl flip turn, 50 yd. Breaststroke open turn, 50 yd. Butterfly 25 yd.
Swim on back	Back float assisted, 10 secs., recover independently Back glide assisted, at wall, 5 ft.	Back float 20 secs. Back glide 10 ft.	Swim on back 15 yd.	Back crawl 15 yd.	Back crawl pull, 25 yd.	Back crawl pull & flip turn, 50 yd.
Water safety	Water exit independently Roll assisted, back to front & front to back	Water exit independently Roll back to front & front to back Tread water 10 secs., near wall, & exit	Water exit independently Roll back to front & front to back Tread water 1 min. & exit	Dive sitting Resting stroke elementary backstroke, 15 yd. Tread water scissor & whip kick, 1 min.	Dive kneeling Resting stroke sidestroke, 25 yd. Tread water scissor & whip kick, 2 mins.	Dive standing Resting stroke elementary backstroke or sidestroke, 50 yd. Tread water retrieve object off bottom, tread 1 min.
Benchmark	Jump, push, turn, grab assisted Swim, float, swim assisted, 10 ft.	Jump, push, turn, grab Swim, float, swim 5 yd.	Jump, swim, turn, swim, grab 10 yd. Swim, float, swim 25 yd.	Endurance any stroke or combination of strokes, 25 yd.	Endurance any stroke or combination of strokes, 50 yd.	Endurance any stroke or combination of strokes, 150 yd.