

YMCA OPEN SWIM TEST



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL CHILDREN 8TH GRADE & UNDER MUST CHECK IN WITH LIFEGUARD EACH VISIT TO DETERMINE SWIM LEVEL.
If a middle school student has passed the swim test, completed the middle school orientation, and is a green band, he or she may swim unattended. All others must have an adult present at all times. **ADULT = 18+**

GREEN

TEST

- Jump in deep end of pool
- Swim from deep end to halfway (Freestyle)
- Tread water for 30 seconds
- Swim back to deep end on back (**Must not touch the side at any point**)

PRIVILEGES

- May swim anywhere in the pool, including the lily pads and slides, without adult being in the water
- Adult must check in the swimmer
- Adult must remain in pool area for swimmers 5th grade & under

YELLOW

TEST

- Swim from stairs to halfway (on front)
- Swim back to stairs (**Must not touch the side or bottom at any point**)

PRIVILEGES

- May swim in the shallow end of the pool with adult present on the deck
- May use lily pads, not slides
- No swim test needed if child is tall enough where water is at their arm pits, can comfortably put face in the water, float on back and front, and recovers putting feet back down

RED

NON-SWIMMERS

PRIVILEGES

- Swimmer must remain in shallow end of the pool with an adult in the water within arms length
- May use lily pads with a parent within arm's length at all times, not slides
- We will maintain our 1 adult to 2 red band/non-swimmers without life jackets.
- We will allow a 1 adult to 4 red band swimmers/non-swimmers as long as all children are in life jackets.
- We will now be able to provide life jackets (upon parent request) to those red band/non-swimmers that need one.