



Jerry Long Family 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 Middle schooler 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 adult present at all times. **Adult = 18+**

Green

Test

- Jump in Deep end of pool
- Swim from deep end to life-guard chair
- 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 pool 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 safety rope
- 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.
- No swim test needed if child is tall enough where water is at their arm pits but can put face in & comfortable on back

Red

Non-Swimmers

Privileges

- Swimmer must remain in shallow end of the pool with an adult in the water within arms length.
- Swimmer not required but recommended to wear Coast Guard approved life vest (PFD).
- 2 red swimmer max per adult.