



Wilkes Family YMCA Open Swim Test Policy Effective November 1st, 2015

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All children 8th grade & under must be swim tested.

If a middle schooler has passed the swim test and is a green band, he or she may swim un-attended. All others must have adult present at all times. **Red Band Swimmers MUST be accompanied by an adult in the water at all times, regardless of age. Adult = 18+**

*This policy applies to open swim & rental groups only—it does not apply to swim camps, swim lessons, or Y programs.

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.**
- May also use Sunshine Pool.

Yellow

Test

- Swim from shallow end to 4.5ft. line
- Go underwater & resurface comfortably
(Must not touch the side or bottom at any point)

Privileges

- May swim up to the 4.5ft. line of the pool with adult present on the deck.
- If child is tall enough where water is at their arm pits at 4.5ft line but can go all the way under water and resurface comfortably, he/she can receive a yellow band.
- May also use Sunshine Pool.

Green

Test

- Jump into pool from dive block & resurface
- Swim from deep end to 5ft. line
- Tread water for 60 seconds
- Swim back to deep end
(Must not touch the side at any point)

Privileges

- May swim anywhere in pool without adult being in the water.
- Adult must remain in pool area for swimmers 5th grade & under.
- May also use Sunshine Pool.