

KERNERSVILLE 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+**

PLEASE SEE LIFEGUARD IN COMMUNITY POOL FOR ALL SWIM TESTS AND CHECK IN CHILD TO THE POOL THEY WILL BE SWIMMING

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 stop or touch the side at any point)**

PRIVILEGES

- May swim anywhere in pool without adult being in the water.
- Adult must check in the swimmer each visit.
- Adult must remain in pool area for swimmers 8th grade & under.

YELLOW

TEST

- Swim from shallow end to safety rope
- Swim back to shallow end **(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 or below standing at the safety rope and 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 at all times.
- Swimmer not required but recommended to wear Coast Guard approved life vest (PFD).
- 2 red swimmers max per adult. More than 2 red swimmers **MUST** have adults in water 1:2 ratio.