

YMCA OPEN SWIM TEST



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL CHILDREN 8TH GRADE AND UNDER MUST RECEIVE THEIR SWIM BAND AT THE FRONT DESK. IF SWIM TEST IS NECESSARY, IT SHALL BE COMPLETED BY THE LIFEGUARD ON DUTY. SWIM BAND MUST BE WORN AT ALL TIMES IN THE AQUATICS AREA.

If a middle school student has passed the green band swim test and has completed all middle school orientations (MSOs), they may swim without an adult present. All others must have an adult present at all times. Lifeguards have the right to retest any swimmer at their discretion. Swim test is valid for 365 days.

ADULT = 18+

GREEN

TEST

- Jump in deep end of pool
- Swim 12.5 yards from deep end
- Tread water for 30 seconds
- Swim back to deep end on back
- **Must not touch the side or bottom at any point during the test**

PRIVILEGES

- May swim anywhere in the pool, including the slides, without an adult in the water
- Adult must remain in pool area for swimmers 5th grade and under

YELLOW

TEST

- Jump in, swim 12.5 yards from the shallow end wall
- Turn around and swim back to starting position
- **Must not touch the side or bottom at any point during the test**

PRIVILEGES

- May swim in the shallow end of the pool (up to 5 feet) with adult present on the deck
- May not use slides
- May not swim in the deep end

RED

PRIVILEGES

- Swimmer must remain in shallow end of the pool (up to 5 feet) with an adult in the water within arm's length.
- 1 adult to 2 red band/non-swimmers **WITHOUT** life jackets.
- 1 adult to 4 red band/non-swimmers **WITH** life jackets.
- We are able to provide life jackets (upon parent request) to red band/non-swimmers that need one.

*Kernersville Family YMCA Splashpad ONLY: If the water level is below the hips of a red-band swimmer, they do not have to have a parent in the water with them. Parent must remain on the splashpad pool deck.