



PRIORITIZING YOUR SAFETY

Swim Bands in YMCA Pools

NOTE: All swimmers will be tested, and will be asked to retest annually. Aquatics staff reserve the right to retest if deemed necessary.

SUPERVISION REQUIREMENTS

- Red Banded swimmers need a person 16+ years old in the water with them within arms reach and must wear a life vest if not actively practicing swim skills
- Children under 10 must have a person 16+ years old on the pool deck regardless of band color
- Children 10 and 11 years old must have a parent/guardian at the Y, yet they do not need to be on the pool deck if the child is a green banded swimmer
- Children 12+ years old do not need to have a parent at the Y if they are a green banded swimmer

RED LEVEL

SWIM TEST (without flotation assistance)

- Youth who choose not to take a swim test

- Those who are progressing toward the yellow and green band requirements

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- Wear a Coast Guard-approved life jacket AND Stay within arms reach of parent/guardian while actively practicing swimming skills
- Slide use permitted once green band is achieved if available at your location

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Wear a Coast Guard-approved life jacket AND Stay within arms reach of parent/guardian while actively practicing swimming skills
- Use of diving board is permitted once green band is achieved if available at your location

YELLOW LEVEL

SWIM TEST (without flotation assistance)

- Shallow end, swim on front in horizontal position

- Swim half the length of a 25-yard pool with arms out of the water
- Jump in feet first and touch bottom of pool, surface and tread water for at least 30 seconds

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- May swim in designated open area
- Parent/guardian remains on pool deck at all times.
- Slide use permitted once green band is achieved if available at your location

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Swim and play in shallow end, no deeper than 5 feet
- Parent/guardian remains on pool deck at all times
- Use of diving board is permitted once green band is achieved if available at your location

GREEN LEVEL

SWIM TEST (without flotation assistance)

- Swim 25 yards with horizontal movement with arms out of the water and face in the water

- Jump in feet first and touch bottom of pool, surface and tread water for 1 minute

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- May swim anywhere in pool
- May use the slide if available at your location

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- May swim anywhere in the pool.
- May use the diving board if available at your location