



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EARN A SWIM WRISTBAND

For the safety of our members and guests, all swimmers under age 14 will be expected to:

- Have a parent/guardian on the deck
- Take a YMCA administered swim test
- Wear wristband while swimming

*Lifeguards have the discretion to require any patron of the YMCA to perform a swim test regardless of age*

## Swimmers **EARN** a **Green Wristband** when they can:

- Jump into the water over their head and resurface without the use of goggles.
- Tread water for 30 seconds consistently without touching the side of the pool.
- Swim 25 yards non-stop.

## Swimmers who do not earn a green band will be issued a **Red Wristband**

Those who do not pass the swim test will be issued a red wristband, considered a non-swimmer and will be expected to:

- Have a guardian 18 years or older within arms' reach at all times, or be wearing a U.S Coast Guard approved personal flotation device.
- Maintain a 1:1 Parent/Non-Swimmer ratio with red wristbands.
- Wear band while swimming

*Those who decline to take the test will be considered nonswimmers.*