



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EARN A SWIM WRISTBAND

- All swimmers 11 & younger must have a parent/guardian on deck
- Youth 13 & under must take a swim test.
- Lifeguards have the discretion to require any patron of the YMCA to perform a swim test regardless of age.
- All tested swimmers will receive a wristband they must wear while they swim.

## HERE IS HOW YOU EARN EACH BAND:

### Green Wristband

- 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.

### Red Wristband

Those who do not pass the swim test are marked with a red wristband and are considered a non-swimmer. Those who decline to take the test are also considered non-swimmers. The following is required for red wristbands:

- Must 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.
- There is a 1:1 Parent/Non-Swimmer ratio with red wristbands.
- No child will be allowed to swim without a colored band.