



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING KIDS SAFE IN THE WATER

We are committed to providing a safe and enjoyable pool experience for all. All youth 5 & under must have an adult within an arm's reach. All youth 17 and under must complete the YMCA Deep Water Competency Test which assesses swimming ability for deep water. Those that complete the test successfully will be given a green band; inexperienced swimmers are considered non-swimmers. These bands help our certified lifeguards keep swimmers safe.

GREEN BAND

A green band allows swimmers to use all swimming pools.
Get band at Membership Desk before entering pool area.

Swimmers must demonstrate the following skills without touching or grabbing the wall at any time:

- Jump in deep water and return to the surface
- Swim 25 yards unassisted with head above water
- Float on back for a minimum of 10 seconds and regain vertical position
- Tread water for one minute with ears and head above water
- Exit the pool without assistance

Green banded swimmers 8 and under must still have adult supervision in the pool or on the pool deck at all times; **youth 5 and under must have an adult 18 or older in the water within arm's reach.**

Children who decline to take the test, cannot touch the bottom or demonstrate the required skills will be classified as an inexperienced swimmer.

- Inexperienced swimmers will remain in the designated shallow areas of the pools.
- Inexperienced swimmers may use a Coast Guard approved lifejacket or other Coast Guard approved flotation devices with active adult supervision to enter the deep water
- Water wings are prohibited as they are not a Coast Guard approved flotation device

Active adult supervision means that an adult 18 years or older must be within one arm's reach of the swimmer. One adult per two non-swimmers is highly recommended. The Lifeguards reserve the right to limit the ratio of child to parent based on circumstances and pool crowd conditions.