

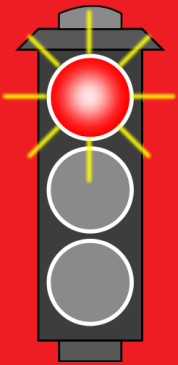


**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM SAFETY STARTS HERE

RECREATIONAL SWIM POLICY

The YMCA is committed to providing a safe and enjoyable pool experience for all. Anyone under the age of 18, prior to swimming in the pool, must complete the YMCA swim skills assessment and be assigned a red, yellow or green swim band. These bands help our certified lifeguards keep our swimmers safe.

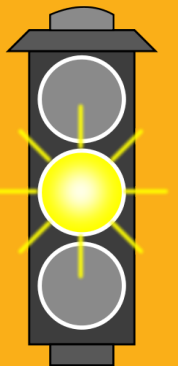


RED BAND

Individuals who do not wish to participate in or do not pass the swim skills assessment will be given a red swim band.

Red Banded swimmers will be required to:

- Have active, adult (18+) supervision within arms-length at all times while in the water.
- Wear a U.S. Coast Guard Approved flotation device (PFD), except for PFD FREE swim times.
- Only swim in the shallow area of the pool.



YELLOW BAND

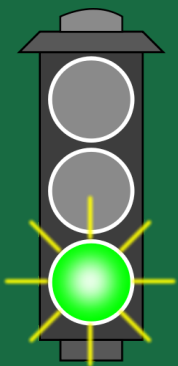
A yellow band establishes that the swimmer is shallow water competent and allows swimmers to swim in the shallow area without a PFD.

Yellow Banded swimmers will be required to:

- Have adult (18+) supervision at all times from either in the water or from the pool deck.
- Only swim in the shallow area of the pool

To receive a Yellow Band, swimmers must demonstrate the following skills:

- Float on back for 30 seconds and regain vertical position on their own.
- Swim half the length of the pool, on stomach, unassisted.



GREEN BAND

A green band allows swimmers to use entire pool (shallow and deep ends).

Green Banded swimmers, under the age of 12, will be required to:

- Have adult (18+) supervision at all times from the pool deck.

To receive a green band, swimmers must demonstrate the following skills:

- Jump in deep water and return to the surface.
- Swim the length of the pool, unassisted, with either front crawl or breaststroke.
- Float on back for 30 seconds and regain vertical position on their own.
- Tread water for one minute with ears and face above water at all times.
- Exit the pool without assistance.

GENERAL INFORMATION

- Please get your child's wristband at the Member Service Desk.
- Retests may be required by the Aquatic Staff if they feel it is necessary.
- ONLY Coast Guard Approved flotation devices are allowed. No inflatable flotation devices such as water wings, tubes or swim suits with flotation inserts.

WHAT IS CONSIDERED SAFE ADULT SUPERVISION?

- Age 18 or older.
- Actively watching swimmers in the water within arms-length.
- A PFD is NOT a substitution for adult supervision.
- Never leave a child unattended in or near the water.
- Supervise no more than three inexperienced, red banded swimmers.

For questions about our Aquatic Swim Policies or upcoming swim lessons for your child, please contact:

Dave Foster, Aquatic Director

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