

swim Test Policy



For Large Group Programs

Safety is our top priority at the pool. All children participating in large group swim times are required to follow YMCA swim test policies.

“YMCA large groups” include all Preschool programs, S.O.S Days, Summer Day Camps, Tracking Out, Y-Life, Parents’ Night Out, Family Nights, Y Guides & Princesses, birthday parties, and groups who have rented YMCA aquatics facilities.

Swim Tests

The YMCA gives swim tests to children in preschool through grade 5 when they are swimming with a large group. Children may earn a yellow or black/white swim band.

- Children (preschool – grade 2) electing not to take a swim test will be allowed in the shallow water only and must wear a flotation device provided by the YMCA.
- Children (grades 3 – 5) electing not to take a swim test will be allowed to swim in shallow water only.

Yellow Swim Band

Note: Children in preschool through grade 2 must earn a yellow band to swim in shallow water without a float belt or life jacket.

To earn a yellow band: Child must be able to comfortably swim ½ length (12½ yards) of the pool with face in the water and tread water for 30 seconds in the presence of YMCA aquatics staff.

Black/White Swim Band

Note: Children in preschool through grade 8 must earn a deep water band to swim in water 6 feet or deeper. The deep water band may be black, white or “zebra” (black and white).

To earn a black/white band: Child must be able to comfortably swim one length (25 yards) of the pool on his/her stomach with face in the water using over-arm strokes with rhythmic breathing or breaststroke with face entering the water between breaths and tread water for 30 seconds in the presence of YMCA aquatics staff.

Note: Should a YMCA lifeguard on duty be concerned about a child’s swimming abilities, the lifeguard may instruct the child to swim in water suitable to his or her ability, retake the swim test, or wear a flotation device.

YMCA
OF THE TRIANGLE