LISTEN CI CAMP
FAMILIES SHARING SUCCESS
A LISTEN FOUNDATION PROGRAM

YMCA of the Rockies – Swim Requirements

One parent must remain at the pool with their child(ren) at all times and be in the water with their child(ren) who are under the age of 8, regardless of swim test results. In-water parent supervision of swimmers ages 8-12 is dependent on swim test results.

Upon entering the YMCA pool building, all children under the age of 13 are required to put on a RED wrist band. Upon successful completion of either the YELLOW or GREEN swim test, the lifeguard will remove the RED band and replace it with the earned color. **Children under age 13 may be required to have their parent in the water, please pack accordingly.** Color level assigned is at the sole discretion of the lifeguard.

GREEN SWIM TEST

- Jump in, let water go over head, and resurface
- Continuous 25m (full length of pool) front crawl/freestyle swim, going under both lane lines, with head down, feet must not touch bottom
- 60 seconds of treading water with the chin and ears above the water
- Green swimmers may swim in the deep end and use the slide without a life jacket or parent in the water

YELLOW SWIM TEST

- Jump in, let water go over head, and resurface
- Continuous 12.5m (half of pool length) front crawl/freestyle swim, to fist lane line, with head down, feet must not touch bottom
- 20 seconds of treading water with the chin and ears above the water
- Yellow swimmers may swim in the shallow end without a life jacket or parent in the water
- Yellow swimmers may not enter the deep end or use the slide, regardless of life jacket use or parent proximity

RED SWIMMERS

- Must have their parent in the water and must stay within arm's reach of their parent or wear a life jacket
- Parent must remain in the water even when their child is wearing a life jacket
- Red swimmers may not enter the deep end or use the slide, regardless of life jacket use or parent proximity

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