



YMCA OF THE ROCKIES – NEW SWIM POLICY

One parent must remain at the pool with their child(ren). 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

- 25m (full length of pool) front crawl/freestyle swim
- 20 seconds of treading water with the chin and ears above the water
 - Green swimmers may independently go in the deep end and use the slide without a life jacket

YELLOW SWIM TEST

- 12.5m (half of pool length) front crawl/freestyle swim
- 20 seconds of treading water with the chin and ears above the water
- Yellow swimmers may independently swim in the shallow end without a life jacket
 - 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