



For a better us.®

STRONG SWIMMERS CONFIDENT KIDS



In Y classes, not only are you taught how to swim in a caring way, but you also learn about yourself, about safety and rescue skills and about water activities you can enjoy for a lifetime.

THERE'S AN AQUATICS PROGRAM FOR EVERYONE.

GENERAL POOL RULES

OPEN SWIM: All members may participate in activities in the pool during open swim. All children (under 15) will be swim tested. Children under 10 must be accompanied by an adult on the pool deck. Children who do not pass the Yellow or Blue swim test must also be accompanied by an adult in the water.

LAP SWIM: There is always one lane available for lap swimming for members. Children, who pass the blue test, are permitted in the lap lanes and must be swimming laps. Swimmers in the lap lanes must swim continuous laps without stopping so as to not interfere with others sharing the lap lane.

POOL POLICIES

SWIM TEST POLICY Children under 15 years of age will be swim tested by the guard on duty and will be required to wear the appropriate wristband for the duration of their visit. Testing **MUST** be done with every visit.

BLUE & YELLOW SWIMMERS under 10 years of age **MUST** have at least one supervising parent in the pool area at all times at a ratio of one adult to every three children.

RED SWIMMERS **MUST** have at least one parent **IN THE WATER** at all times at a ratio of one adult to every three children. Red swimmers shorter than 4 feet, 6 inches must wear a Coast Guard Approved flotation device, and must be supervised by a parent in the water at a ratio of one adult to every two children.

BLUE WRISTBAND TEST

Blue swimmers must be able to jump in the deep end, tread water for 10 seconds and swim to the shallow end of the pool using a rudimentary front crawl stroke without stopping or having assistance. Blue wristband swimmers are permitted to swim in the shallow and deep ends of the pool.

YELLOW WRISTBAND TEST

Yellow swimmers will be asked to jump into the pool at the guard chair and swim to the shallow end of the pool using a horizontal swim stroke without stopping or having assistance. Yellow wristband swimmers are not permitted past the 5 foot marker. The Yellow Test must be done without a life jacket.

RED WRISTBAND TEST

All swimmers under 15 years of age who do not pass Blue or Yellow Swim Tests will be issued a Red wristband. Red swimmers **MUST** wear a life jacket at all times if they are shorter than 4 feet, 6 inches tall. Red swimmers are not permitted past the 4 foot marker.

PLEASE NOTE: Lifeguards may not always be able to give swim tests during busier times.

LIGHTNING AND THUNDER POLICY

The pool and pool deck will be closed and cleared of all members in the event of lightning or thunder, and shall remain closed until 30 minutes after the last sighting.

YMCA Swim Lesson Policies and Procedures

1. The first day of each session is reserved for swim testing and evaluations. All appropriate changes will be made to ensure quality instruction for your child. If you have a question about your child's swim level after the first day of class, please speak to your child's instructor.
2. Children will be moved up to the next level once all of the skills in the previous level have been mastered. Many skills in certain levels are dependent on physical development, strength and coordination. Please remember that each child is unique and develops at his or her own rate, and that progression through these levels varies greatly.
3. The Aquatics Department reserves the right to cancel and/or combine classes due to low enrollment.
4. One make up class may be accommodated per session if schedules allow. Either 24 hours notice, or a doctor's note, must be provided in order to schedule a make up. Make up lessons will take place in other classes running with open slots during the same 5-week session, and may not always be available. Credits or refunds will not be given in place of make up lessons.
5. Participants that withdraw from a swim class for medical reasons will receive a YMCA credit for the remaining classes if the request is accompanied by a doctor's note. All credits are valid for one year.
6. All program fees are non-refundable.