

SWIM TESTING POLICY

- To participate in recreational swimming activities, **ALL children 13 years of age and younger must undergo a Swim Test** if they are to swim in any part of the swimming area alone.
- Children who cannot pass the Swim Test are considered *non-swimmers and must be accompanied in the water by an adult, parent or guardian who is actively engaged with the children's activity.
 - Actively Engaged = Participating in your child's swimming activity from a safe distance (determined by a life-guard).
- There is a limit of two non-swimming children per adult, parent or guardian.

1. SWIM TEST: JUMP INTO THE WATER, RECOVER AND STAND. THEN SWIM CRAWL STROKE 25 YARDS WITHOUT REACHING FATIGUE.

After passing the Swim Test, children **eight (8) and older** may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10.

- After passing the Swim Test, children **seven (7) and under** are still required to have direct adult supervision in the pool area at all times.
- Direct Adult Supervision = actively and closely watching your children.
- Children who pass will be marked with a **GREEN** wrist band.

2. MODIFIED SWIM TEST FOR 8-13 YEAR OLDS: WEARING A COASTGUARD CERTIFIED LIFE-JACKET, THE CHILD MUST PASS THE ABOVE SWIM TEST.

- After passing the test, children **8-13** may swim without an adult.
- Swimmers must keep the lifejacket on while in the water.
- Children who pass will be marked with a **YELLOW** wrist band.

3. LAP SWIMMING TEST: Anyone 13 years of age and younger must demonstrate fish level or above swimming abilities. 50 YARDS OF CRAWL STROKE, BACK STROKE, AND BREAST STROKE OR 150 YARDS CONTINUOUS SWIM WITH GOOD FORM (no flippers).

- After passing the test, children can swim in the lap lanes but must be swimming laps not playing around.

***Please Note:** Children without a wristband are considered non-swimmers.

Everyone is welcome. Financial assistance is available.

The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.