The YMCA of Greater Boston is committed to ensure everyone is safe while swimming in our pools.

**SWIM TEST ELEMENTS WILL INCLUDE:**

All swimmers under the age of 18 must:

- Swim 25 yards, non stop, in a horizontal position without touching the wall or floor
- Jump into the deep end, fully submerge & recover, tread water for 60 seconds

**RED BANDS**

- Declined to take swim test, or did not pass test
- Must remain in shallow water
- Swimmers shorter than 50” must wear a PFD
- Children 7 and under must be within arms reach of a guardian who is in the pool at all times.
- Swimmers who are in the pool with guardians at arms length, learning to swim, may be excused of a PFD.

**GREEN BANDS**

- Passed swim test
- May swim in any area of the pool, including deep end

**YMCA OF GREATER BOSTON STANDARDS**

- YMCA employees have the final authority over all aquatic policies. We reserve the right to test and mark all swimmers, regardless of age and ability.
- A parent or guardian is defined as someone over the age of 16 who has assumed responsibility for swimmers in the water. Guardians under 18 may only be responsible for a maximum of two swimmers.