



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Boothbay Region YMCA Swim Test Guidelines

All individuals under the age of 18 must take a swim test or wear appropriate flotation devices before entering the pools.

Orange Band: Non-Swimmers

- No swim test necessary
- Swimmers without an adult must wear US Coast Guard Flotation Device.
- Swimmers must remain within arm's length from an adult 18 years or older when not wearing Coast Guard Approved Flotation Device.

Green Band: Advanced Swimmers

- Swim Test involves the following:
 - Start with a feet first jump into the deep end
 - Swim 1 length of the Emery Pool on their front (25 yards)
 - Once at the end of the lane, swimmer must swim 1 length of the Emery Pool on their back
 - Once back in the deep end, treading/floating for 2 minutes will follow
- If this test is passed, the swimmer can swim in all areas of the pool

BOOTHBAY REGION YMCA

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