

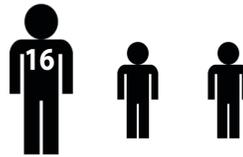
All children and youth members receive TWO free registered dry land programs per session, as well as one continuous swim lesson.



To ensure that children have a safe and enjoyable swimming experience, the YMCA of CEO has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 15 years and under will be given an identifying wristband by facility staff. Only those who successfully pass the swim test and obtain a green wristband will be permitted into the deep end of the lap pool. Designated Adult/Guardian must be 16 years or older.

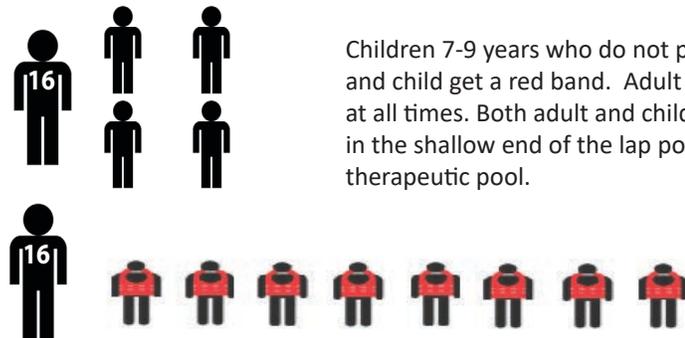
****Changes effective September 4, 2018.****

0-6 years



Children 6 and under are always accompanied—adult and child(ren) get a red band. Adult in arms reach at all times. Both adult and child must remain in the shallow end of the lap pool or in the therapeutic pool. Children 6 years and under who can complete the swim test get a green band and parent remains in the pool.

7-9 years



Children 7-9 years who do not pass—adult and child get a red band. Adult in arms reach at all times. Both adult and child must remain in the shallow end of the lap pool or in the therapeutic pool.

7-9 years

All children who pass the swim test get a green band. Children 7-9 who can pass the swim test get a green band and can swim alone in either pool. Parent must remain on the pool deck and actively supervising child.



10+ years

10+ Cannot Pass Swim Test—Can Swim Alone. Must remain in the therapeutic pool or the shallow end of the lap pool.



YMCA Facility Swim Test

To successfully pass the swim test individuals must demonstrate comfort in the water and be able to jump into deep water, surface support for 1 minute, swim 1 length of the pool using a supportive stroke in a horizontal body position on front. Only those who successfully pass the swim test and get a green wristband will be permitted into the deep end of the lap pool.

What to Wear

Children who are not toilet trained must wear a swim diaper or clothing with snug elastic legs. No disposable diapers are permitted. Swim diapers are available for sale at the Membership Desk. Others must wear clean attire used only for swimming.

Serious Medical Conditions

We ask that those with serious medical conditions should ensure that aquatic staff are aware of the condition. Your medical doctor should be consulted before swimming.