



YMCA SWIM CHECK

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For the safety of our members and guests, swimmers may be asked to pass a YMCA Swim Check.

SWIM CHECK POLICY AND WRISTBANDS

Green Swim Band Expectations - May go anywhere in the pool

- Tread water for one (1) minute with ears and face above the water.
- Jump into water that is over the individual’s head and return to the surface.
- Swim the length of the pool unassisted using front crawl or breaststroke with confident breaths.
- Exit the pool without assistance.

Yellow Swim Band Expectations - Unless meets Green Expectations

- See below age expectations.
- Must stand comfortably, at armpit level and flat footed, in the entire shallow water swim zone. Please see lifeguard to get measured for height requirement.
- May not enter deep water swim zone.

Red Swim Band Expectations - Unless meets Green or Yellow Expectations

- 0-6 years old.
- Must be within arm’s reach in the water of an active parent/caregiver at all times.
- Unable to meet the Green or Yellow wristband requirements.

NOTES FOR PARENTS:

- Children 6 and under must be accompanied by a parent/caregiver at least 16 years of age in the water unless they are able to pass the YMCA Swim Check. Children who pass the swim check must still have a parent/caregiver in the pool area.
- Children 7-12 years old may be in the water unaccompanied if they are able to stand comfortably in the swim zone OR pass the swim check, but a parent must remain at the facility. Please check in with the lifeguards and let them know where you will be.
- Children 13 and up may be in the pool and facility unaccompanied.
- If there are two children for one adult in the water, one child will be asked to wear a lifejacket, unless one child can pass the swim check expectations.
- Lifejackets are available for non-swimmers. If worn, the swimmer must be within arm’s reach of an active guardian in the water at all times.
- Enjoy your time at the pool!

The YMCA of San Diego County reserves the right to limit activities to protect members and guests. For your safety and the safety of others, please obey all verbal instructions from YMCA staff.

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Our Mission

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.
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