



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM BAND SYSTEM

YMCA of the Twin Tiers

Please WAIT for a lifeguard to put on the wristband.
Please do not put wristbands on yourself or others.

RED – NON-SWIMMER

- Permitted in shallow end up to the lifeline and is required to wear a PFD.
- Must wear a PFD in the pool if under 4 feet tall.
- Must be accompanied by, and within reaching distance of, an adult if under the age of 5 years.

YELLOW – NON-SWIMMER

- Permitted anywhere in the shallow end up to the lifeline.
- Is not required to wear a PFD in the pool.
- Must be accompanied by an adult on the pool deck.
- Must be tall enough to touch everywhere in the shallow end.

GREEN – SWIMMER

- Permitted to swim anywhere in pool.
- Is able to tread water for one (1) minute, swim one (1) length of pool using front crawl, and one (1) length of pool using backstroke without stopping, unassisted.

***Lifeguards reserve the right to swim test anyone regardless of age.**