



TEST ● MARK ● PROTECT

The YMCA of Ithaca and Tompkins County is committed to ensure everyone is safe while swimming in our pools. All children under the age of 13 must participate in a swim test and will be issued a blue, yellow, or red swim band based on the results of their swim test. These bands will identify which areas are safe for swimmers based on their swimming abilities.

BLUE LEVEL

SWIM TEST for ages 7+

1. Jump into deep end and recover.
2. Tread water for 1 minute with ears remaining above water.
3. Swim 25 yards horizontally with rhythmic breathing using breast stroke or front crawl. Underwater swimming is NOT permitted.
4. Exit pool

POOL ACCESS

- Full access to both pools.
- Swimmers ages 9 and under must have a parent/guardian remain on deck.
- Swimmers ages 10-12 still need an adult within the facility.

YELLOW LEVEL

SWIM TEST for ages 7+

1. Swim on front horizontally half the length of the pool (approximately 12 yards).
2. Float on back OR tread water for 30 seconds.
3. Recover to the wall.

POOL ACCESS

- May swim unaccompanied in the small pool.
- Can swim in the big pool as long as they are wearing a PFD and/or have a parent or guardian within arms reach.
- Must not exceed 1 parent: 2 children ratio.

RED LEVEL

1. Anyone under the age of 7
2. Those who do not want to take a swim test.
3. Those who do not pass either swim test.

POOL ACCESS

- Small pool only.
- Must have parent or guardian within arms reach at all times.
- At no time can the ratio exceed 1 parent: 2 children.

Your safety is our number one priority while swimming in our pools. Certified lifeguards determine the color swim band your child wears based on their swim tests. Children may participate in one test per day; they may re-test the next day. Children 13 and up do not have to wear a swim band. Thank you for your cooperation.